

DR. LORI M. POE

Beyond Miracles

Here's a powerful treasury of guidances to self-healing and enlightenment, that will flood your life with happiness, health and joy. It will be shown how you can transform sickness to youthful health...loneliness into satisfying love...and agonizing problems into deep inner contentment.

This startling power-guide is packed with scores of actual case histories of ordinary men and women, who have been healed of incurable diseases and changed their life with Dynamic Keys To Self-Healing. You will discover your hidden potentials, how you can control events in your life and make dreams come true. You will meet the Holy Presence that protects and guides your life, now and forever.

This exciting book will show:

1. THE MANIFESTATION OF MIRACLES
2. THE DYNAMICS OF HEALING
3. BORN TO HEAL
4. BEYOND MIRACLES
- THE SECRET OF DIVINE HEALING
5. THE MIRACLE HEALING CLOTH
6. DYNAMIC KEYS TO RECHARGING BODY AND MIND
7. CREATING HEALTH AND PROSPERITY
8. RADIANT LIGHT YOUR UNFAILING PROTECTION
9. DYNAMIC KEYS TO SELF-REALIZATION
10. DIVINE ENERGY, CROSS CURRENTS AND ENERGY EMANATIONS
11. THE WAY OF LOVE AND TRUTH
12. HEALING RELATIONSHIPS
13. THE SPIRITUAL TRUTH OF SALVATION

ABOUT THE AUTHOR

Dr. Lori M. Poe is a resident of Cincinnati, Ohio, spiritual teacher and author of esoteric books. Her services over many years of healing and writing reach into foreign countries around the globe. Her work with doctors documents X-ray transcripts of before-and-after healings. She has appeared on television, radio talk shows and on lecture tours throughout the country. Dr. Poe's message emphasizes physical and spiritual liberation, and the realization of Sound and Light. This book is one you will cherish all the days of your life, and read again and again as a never-ending source of spiritual guidance, self-help and healing.

ISBN 0-9624804-5-2

DR. LORI M. POE

A BEST SELLER

Beyond Miracles

DYNAMIC KEYS TO SELF-HEALING

FOURTH EDITION

POE DR. LORI M. POE BEYOND MIRACLES ISBN 0-9624804-5-2

*PRAISE AND RAVES FOR
Beyond Miracles*

“. . . I cannot begin to explain the excitement I feel when I read this book!”

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M.R., Ohio

"An inspiration and a God-sent!"

C.A., Maryland

"The best book I have ever purchased!"

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"I love your book! I have learned more about God than ever imagined!"

J.M., France

"The best book I have ever read! This is the best!"

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"Your book has changed my life!"

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"Thank you for writing this book! A super work! I couldn't put it down!"

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"Superbly written, spiritually enlightening, each page rich with inspiration and instructions. A treasury of Guidances. Handbook of the soul!"

— Paul M. von Freihofer, Book Critic —
American Literary Agency, New York, N.Y.

Beyond Miracles

Dr. Lori M. Poe

HEALING BOOKS



The Place of Light Publisher
1705 Sutton Avenue, Suite 8

Cincinnati, Ohio
45230-1841

First printing 1982
Second printing 1986
Third printing 1992, completely revised
Fourth printing 1994

Published by
The Place Of Light Publisher
1705 Sutton Avenue, Suite 8
Cincinnati, Ohio, 45230-1841

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BEYOND MIRACLES

The Place Of Light Publisher
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Dr. Lori M. Poe

Library of Congress Catalog Card Number: 91-92914

ISBN 0-9624804-5-2

Printed by: Gilliland Printing, Inc.
Arkansas City, Kansas 67005

Manufactured in the United States of America.

10 9 8 7 6 5

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BOOKS BY DR. LORI M. POE

Wake Up and Walk With God

Mystic Wisdom For Richer Living

Teach Me The Way

Journeys To Worlds Beyond

Dynamic Keys to Self-Healing

Milestones To God

Healing Mind And Emotions

My Name Is ANA

Beyond Miracles

DEDICATION

TO THE HOLY SPIRIT OF GOD AND
TO ALL WHO SEEK ITS LIGHT



ACKNOWLEDGEMENT

My sincere gratitude and appreciation to all contributors
who made the publication of this book possible.

FOREWORD

You are your own best doctor, your own miracle healer, capable of tuning Self so that every body organ and every system — from the immnological to the renal, cardiovascular to the pulmonary remains pink and vital, every moment of your life radiant with health. This is the dramatic message of *BEYOND MIRACLES*, a book made to order for anyone who has ever affirmed "I desire to live in perfect health". This is living well, regardless of dollars in the bank!

The author, Dr. Lori M. Poe, is living testimony. She has healed thousands via personal contact, and by out-of-body healing at great distances around the world. She ignites the engine of all healing — Self-awareness of the miraculous healing force of God already in place in every living soul. But to have this healing source and yet not consciously implement it, is to be no more skilled at healing than the cow in the meadow. Specific methods for healing oneself are set forth, as well as methods for healing loved ones and friends, for we are all healers, says Dr. Poe, if we are in touch with God and his procession of Angelic helpers.

Arthritis, Aids, Diabetis, Cancer, Heart. You name the problem and Dr. Poe present a case history of miraculous, non-medical healing success. Indeed, many owe their lives to this proven healer. In her book she shows how to get and keep the body in harmony, how to concentrate on the radiant spirals of energy throughout the body — and how to let go! When the life force is fully activated, there is no limit to the power of healing "*beyond miracles*", and when you acknowledge God is the Great Physician, according to Dr. Poe.

Fear and lack of self-image are the great scourge of our time. They kill and destroy the spirit. Dr. Poe tells us how to transcend these obstacles, how to understand the whole life cycle from birth to death as a new beginning, healing in

the true, holistic sense of the word. Fully utilize your imagination, your emotions, all the manifestations of what it is to be human. Build on these, she says, push materialism back into the shadows and put your healing powers into action.

Every day technology comes up with something new to extend life, but life extension is hardly of little value if the quality of life is not worth extending. In the 1990's it is estimated that six out of ten people will be over the age of 50. The need for knowledge of self-healing is greater than before. There will always be need for doctors, but they will be far less busy if we put into practice the methods described in this book. It is a guide to mental and physical health for anyone on the threshold of the 21st century.

Paul M. von Freihofer, President
American Literary Agency
Book Enhancers, N.Y., N.Y.

TABLE OF CONTENTS

| | |
|---|-----|
| Disclaimer | iii |
| Introduction | ix |
| Part One | |
| CHAPTER | |
| 1 THE MANIFESTATION OF MIRACLES | 3 |
| 2 THE DYNAMICS OF HEALING | 15 |
| 3 BORN TO HEAL..... | 29 |
| 4 BEYOND MIRACLES..... | 55 |
| THE SECRET OF DIVINE HEALING | |
| 5 THE MIRACLE HEALING CLOTH | 71 |
| 6 DYNAMIC KEYS TO RECHARGING BODY AND MIND..... | 93 |
| 7 CREATING HEALTH AND PROSPERITY | 113 |
| Part Two | |
| 8 RADIANT LIGHT YOUR UNFAILING PROTECTION | 137 |
| 9 DYNAMIC KEYS TO SELF-REALIZATION.... | 155 |
| 10 DIVINE ENERGY, CROSS CURRENTS AND LIVING EMANATIONS | 177 |
| 11 THE WAY OF LOVE AND TRUTH | 185 |
| 12 HEALING RELATIONSHIPS..... | 201 |
| 13 THE SPIRITUAL TRUTH OF SALVATION... | 213 |

INTRODUCTION

The book you now hold in your hand may change your life. For you who seek perfect health, mental, emotional and spiritual balance, happiness, inner peace, and conscious union with God, this book was written. You will find you are the instrument, the Divine child, the vessel through which healing flows, God is the Healer, and only God.

BEYOND MIRACLES demonstrates that you have the power to heal yourself and your life. Golden, Dynamic Keys to Self-Healing set forth in this writing, and the wonderful healings you will read about, are manifestations *beyond* the miraculous state, because the healings are permanent. Miracles as we know them in the physical world often have no longevity.

BEYOND MIRACLES presents documented testimonies of permanent healings which are only a fraction of hundreds and thousands of people who were sick, blind, crippled, hopelessly ill, ravaged and emaciated by incurable diseases, some in death comas, who are alive and well today. When physical problems and circumstances are karmic, they do not resolve until we have lived through them. Only the Holy Spirit can mitigate our karmas. All who ask for healing do not get healed, unless Grace intervenes and their karma calls for it.

The triumphant Power of the Holy Spirit, Its Love and Light, radiate from every page of this book, for It alone granted the wondrous healings you will read about; and, as some of the testimonies will prove, you may find your life healed and your body feeling great by the time you have finished this volume.

Unlike futile theories that promise the sky and leave you fumbling in a maze of rituals, incantations and spells that leave you confused and ill at ease, my techniques are easily

applied, go to the heart of the matter, and *work*, I was taught to heal by the Master of Light on Inner Planes, the Inner Master within each one of us and extension of our own unique consciousness. Whose Unfailing Instructions and Guidances are now passed on to you, to bring healing and happiness into your life.

In this world where unrest, famine, pestilence and skyrocketing medical bills leave many deprived and some of you without hope of recovery, this book is a blessing. Using my Dynamic Keys to Self-Healing, you will be able to regrant and heal your life through the power that is within you. Every human being has a limit beyond which he or she seemingly cannot cope, but no matter how bleak the outlook, the Spirit of my book will teach you how to permit spiritual power to flow through you to heal yourself. I will show you how to break the shackles of every limitation, of malignant energies and harrassing people, and will back up my claim by testimonies set forth in this book.

Are you troubled? Ill? Can't think straight? Hope vanished? Walking the streets with nowhere to lay your head? Has suffering set your teeth on edge from agonizing pain or accident? Would you like to be happy, healthy, content? Of course you would and you *will* be, for the power to heal you life is within *You* and becomes active when you learn its principles and connect in the art of *letting go!* If you like drama, adventure and seek to know the secrets of Divine Love, then this book is for you!

My life was much as yours, you see, probably worse. I have known all the troubles and grief you're going through right now, until in sheer desperation I turned *within*, where I found a Great Truth and the Key to the Self that moved healing into action and unlocked every door from here to Beyond. Health is wealth in every way, for sound in body and mind you can manifest what you wish for and need.

Since the dawn of time, prophets, saviours and average man demonstrated a magical power by which they effaced, resurrected and healed; until the monarchy of kings, queens and religions made of it a special grace and ritual that from then on only belonged to a few, and was further intermingled with philosophical meanderings and arguments, which

turned the seeker of God away. This brought gawkers and usurpers to look for outward signs, to probe the validity of healing and those who continued healing were burnt at the stake. By and by, and over many centuries, your right to think for yourself and spiritual freedom where subtly revoked, which curbed your experiencing the Mercy of God first-hand. The witchhunt is over!

We have awakened to the fact that the Spirit of God manifests through all and has no favorites. You have the right to heal yourself and others, the easy way — without psychic means or the evils of manipulations that leave practitioner and petitioner ill. *You are* the miracle worker! You are born of the magnificent Power that guards, guides and quickens your life every day, through which all things become possible.

The path to God-awareness is the Way of Redemption, but for all its simplicity the true meaning of "salvation" has been left unexplored; and many who claim salvation are unsure if they were really "born again". How do you know? What is that "Lake of Fire" that burneth forever and ever? All this and more shall be answered.

This book is not an altar call by any means, but summons the soul to inner freedom, to higher conscious living, that follows the "Call" and submits each mortal thought and act to Divine Love — to enjoy perfect health, harmony and prosperity *now*.

Your life will be filled with wonderful, soul-searching events; you will meet the Holy Guardian Whose trail-blazing Light will bring forth your divinity, excellence and True Being, that you may walk in authoritative manner and new health. I will teach you the rudiments of healing, how to heal effectively and how *not* to heal to affect the permanent cure. I do not promise that all you touch will turn to gold, but I open doors for you, that by your own initiative you may step through, to gain peace of mind, peace of soul and a fulfilling life.

Come along with me and see how in search of *Self* the Infinite pulled me across the thresholds of time. You, whose life will be enriched by my teachings, know, this book is my

spiritual gift to *You*, because it was born of my own God-experience and culmination of a lifelong search for the Truth of all truth that lay beyond mortal conception.

Love, Light and God are the keywords that open the portals of heaven! Come, take my hand in spirit, and surrounded in Light let us journey together into your brighter, happier tomorrow, for your troubles are not over until they are gone, and until *You* take heart and try!

Healing is at your fingertips. Spirit is life! It is the golden thread that runs through everything. Love is the healer, always. When it falls on the heart of man, healing takes place.

As you are reading this book, I am with you, speaking to you directly, about you, about God, about your relationships, and how to *be*, and stay healthy. Whatever your religious persuasion, I speak to you as *Soul*, for in spirit all is one.

The Spirit of this book now sheds Its Light into your life; Its broad, brilliant beams illumine your road ahead to abundant living, health, success, and to a happy new *You*. I know you will feel Love, and *healing*! I wish you *Godspeed*!//

Lori M. Poe

PART ONE

Beyond Miracles

CHAPTER ONE

THE MANIFESTATION OF MIRACLES

We call them "Miracles", but they are the manifestation of natural law and not to be considered a phenomenon or psychic happening that appear out of nowhere. Nothing falls down to us from heaven, all miracles great or small are earned; and become natural endowments of Infinite Mercy, a direct effect to a cause the soul set into motion in any lifetime, world, universe or light-system, that manifests in the present.

Considering we have occupied many bodies and forms in millions of life cycles, and along with our evils stored up much good, everyone of us should realize a bounty of miracles here and now, but all are not ready to receive it. Because it would for some delay the working out of karmic conditions and prevent the person from finding the needed inner strength to correct his own way and life.

Miracles are experienced by each soul for spiritual growth, and in measure of its preparedness to be able to accept and utilize them, as even too much good can cause imbalance. Miracles manifest in your outer world as prosperity, healing, or in form of a miraculous rescue from an insurmountable plight or danger. The more you evolve into the Nature of God, the more Its bounty will evidence in your physical life, often through unexpected sources or unknown people.

Sometimes miracles manifest to you slowly over the years; in retrospect you can see them as blessings strewn along life's path, the joys, the tears, the happiness! Indeed they were earned! Miracles are always realized in measure of your giving. It is not how much or how little you give that counts,

but how *purely* you give of self. Your grace must be extended to someone, sometime, somewhere, before it can find you again. Put *love* into your giving! Sizeable gifts and tokens of gratitude are often held together by too many emotional ropes and lash out to collect their tokens of appreciation. This is not giving and nothing can return. But when you touch a heart with genuine compassion and make it glad to be alive, miracles shall find you; for God is the Giver and receiver of your giving. You must love *beyond* yourself to receive.

Since miracles are the nature of Grace, they appear in form and formlessness. You always get what you seek. Give yourself to others, put action into your life by becoming involved in the sharing process of living and strive for peace of *soul*. Then you will realize you *are* the gift and the miracle, until by and by the lesser ego is left behind and there is only God.

So long as you believe you can bring God Power and miracles into your life through thought power, will power and psychic manipulations, you will remain disappointed. Miracles manifest when your circumstances call for them and you realize God is the Giver. Divine Law is *Impersonal* and by this same Law your word, thought and the energy of your deeds become recreated. It is nothing more.

You hold within yourself an abundance of unmanifested miracles. All you desire and need is already yours, ready to manifest in your outer world. As you permit goodness and mercy to continually circulate through you, love and Grace will never run out. You cannot depend on what you possess, since it can move out of your life tomorrow, whether pre-destined or through circumstances. All you possess is *now* and now *is* Grace expressing as *You*. Unless a condition is karmic, your health, wealth, poverty and happiness are manifestations of your attitude and choices. Change your attitude and you change the whole picture.

As your awareness of God grows increasingly clearer, you will demonstrate that state of consciousness that manifests abundant supply without seeking. Your good will find you when you love with your whole heart. At times you may wonder why people of low esteem enjoy abundance, it is because they have sown the *good*, or God-seed in another existence.

To the contrary, *when* people sue their fellows instead of pouring forth, it blocks supply in time to come.

What you greedily horde or covet, life will take from you, or withhold, sometime, somewhere, whether this is material or someone you love and overly possess. To keep miracles in your life you must *inwardly* let go. The adage: "Hold the thought and get what you want is an unworkable function, since as long as you clutch, cling to and *hold* — energy will not create substance, nor will it heal. Thought is an energy vibration, it is free, therefore cannot be held or confined. Personal power must release to All Power before it can become exalted and work for you.

Energy demands freedom on any plane of existence. Nothing manifests by force. Manipulation, possessiveness and forcefulness constrict, impede the natural flow of life energy and the body begins to suffer with anxiety, high blood pressure and nervous disorders that affect the vital organs, as your doctor will confirm. *Releasing* is the Dynamic Key to receiving.

Wealth, affluence and knowledge do not bring you into the realization of God. A lonely void remains, ever seeking to be filled with *Presence*. We study and research to get a better understanding of God, but the encounter and experience must become your own — to which no carnal law, no teachings and no scriptures can apply, for it is purely *Divine*.

This is the Miracle of miracles, that will turn your heart and mind to God and heal your life. Heavenly Wonders manifest to you according to your realization of God; but even if you stood before God in this moment, He can be no greater than your realization of Him. There are many ways of giving and receiving, especially when it becomes clear that nothing can take from you nor give to you — it is always your own outpouring, returning.

Regardless of attempts to manifest miracles through autosuggestion, self-hypnosis of subliminal messages, sooner or later you must return to the reality of working things out. Moreover, you can only receive what you feel worthy of and deserving. Feeling worthy ensues from spiritual integrity, the magnet which draws all good into your life. Humility is the

key to true riches. Genuine, unassuming humility is the nature of the true soul.

The humble in heart know only God. They give in self-forgetfulness and have no debtors, for God disallows indebtedness — even to Himself. The truly humble have no interest in the purses of men, nor in those who steeped in egotism tell them to be humble. The egotist fears poverty and death, and all he fears shall find him, for by his thoughts man molds his destiny — time never forgets.

Life, Love and *Choice* — and all that flows through mortal minds are gifts of God. We should want to live a life that is God-centered, lavished by Divine Affection and desire the Miracle of Light.

A POCKETFUL OF MIRACLES

Whether predestined or for karmic purposes, or out of curiosity and force of nature, my life was a colorful drama of strive, failure, success, misery and miracles. Some days I was hungry and cold with nowhere to go, and other times wrapped in mink, breaking bread with the disdainful and mighty. I went from affluence to want, from marriage to freedom, from fear of the unknown to fascination and from sinner to astute christian, until the Spirit of God made an end to charades and rearranged my priorities. It made of me an eagle that could soar and wing its way into all Eternity, into the Stillness of God.

My mystical journey in this, my present incarnation began in Europa, where I, a lone wanderer, lived amidst a quite well-to-do milieu, until the cold hand of war tore me out of my sheltered environment and gradually moved me into the way that led to God.

I came into this world with somewhat awakened senses, and every now and then the Divine Traveler would extend His Hand and lift me to join the active life in sunlit countries Beyond. I never knew a division of worlds, until the veil dropped through superimposed indoctrination; and spent much time with favorite friends, young and old, who were mostly impoverished. Even at a young age I could not accept that people should be poor, old, get sick and die. I believed

we stayed forever young, and — that everyone was roman catholic!

Then the bloody war. Dramatic happenings intensified my inner knowing and bridged more firmly my communications from here to Beyond, and through it all, my Guiding Force and Parent was Heaven. I remember the day *before* I was born, and the very moment of rebirth into this world, and clearly recall my first encounter with healing at age *four*, when Grandmama Marie gave me a litter of tiny baby ducklings for Easter that, she cautioned, should not be handled too much until they were more grown. But one of them limped and leaned slightly to its side; its faint quacks touched me to the soul. The poor dear had suffered a torn web, and since no one seemed around I saw no harm attending it. By that time it just laid there.

As I gathered it up, stroked its fuzzy head and tiny foot, it ceased its lament and lay as though it were dead. Panicked, I thought to put it on the grass and run away, when it suddenly stretched its fragile limbs, wiggled emphatically, jumped out-of-my hand and ran quacking after the others. I finally caught up with it and saw the tare in the web had closed and the foot was healed. This incident lift no impression, until I remembered it much later on in life when my work began.

At age *five* I saw auras, apparitions, and knew contents of unopened letters and packages. Out-of-body travels were a natural occurrence, but since my enthusiasm met with contempt, I soon learned to keep my excursions to myself. One of my earliest premonitions saved four children from burning to death; a floating sensation lifted me into my light body and I quickly moved to the distance where I found a motionless mother collapsed in the front yard of their blazing residence.

Later years were filled with seeking, researching religions and their interpretation of God; but the burning hunger remained: "*Where is God?*" I knew the reality of the Other Side for all my life, therefore could not accept what was admonished from pulpits. But whatever God was to me and how I perceived this Magnificent Presence, I loved it more day by day. Often I felt covered with an unknown joy, that

lifted me beyond the stars; and with implicit trust my search continued.

Along the way I was shown levels of sheer despair, heard moaning and weeping from fuming caldrons of wickedness and self-consuming dross of vile human emotions. From pits of hell I was lifted into the Peace of God, to realms so resplendent no word can describe them. I bathed in the River of Light, was taught to heal by the Guardian Master on Inner Planes, and finally granted the ascension into the Radiant Light.

Ah, yes, I ran from church to church, sat in many pews and ran and ran . . . , endured the condemnation of the "saved", and listened to their shouts and ample accounts about those who died without repentance and are now burning in hell, yes, *Amen!* — while the pianist beat down his thanks on the keyboard and emphatically crooned: ". . . that saved a wretch like me. . . . was blind and now I see. . . ." and I wondered why no one saw what I did.

It was weird to catch those sidelong glances of the "saved", when every face turns into your direction, and the spectacle when the preacher *allows* the Heavenly Spirit to forgive their indiscretions. It never occurs to them. It is to your own heart the Radiant Spirit speaks — and so it did to mine.

The Love that came to greet me was different from any other, it loved me fully, and was therefore viewed with suspicion and judgment. And in that transposed moment, I felt as though heaven bathed me in its living springs, wrapped in the timeless magic of love — newborn, quickened, and unburdened; a heavenly Love I wanted to share with everyone.

Late that night a sense of wistfulness made me weep and the Touch of God made me weep even more, not in anguish, but with appreciation, accompanied by an apprehension that I might not accomplish what was set before me to do, while still in physical embodiment.

THE MASTER GUARDIAN

Soon again I would meet with the Inner Guardian, Who promised long ago I would know salvation, and He would bring it to pass. He was my Wayshower and Guiding Light

of many journeys to inner lands, the One Who bore the Force that used me as Its vessel to heal and comfort, and Who taught me how to exist in every dimension. His soulful eyes shone into my heart and infilled my whole being with fearful brightness, while His Words dropped into the soul like pebbles into a quiet pond. For a time he eluded me, I wondered where He had gone. And then, when He again called me by name, I suddenly felt imbued with overflowing joy and a knowingness that there was something I had to do, but what? The haunting urgency persisted and pressed against the soul, and I answered the pressure with a pressure, with searching, waiting and writing.

The Presence availed itself often. Its force ushered me to inner worlds, to gather up experiences, and imparted a Love I wanted to tell all men, about. But who would listen? Faced with human suffering all around, I found it difficult to overcome my feelings of inadequacy and often sought rest from sheer exhaustion of what Love put before me. I stood in awe of many miracles, as seas of people received new life and health; and felt as a bystander, beholding the Wonders of God. It's not ego that seeks recognition, nor am I the source of the healings presented to my Readers in this book, but rather that the all-restoring, compelling Force of Spirit destined through these writings to awaken a little bit of heaven in the hearts of men, and to bring healing.

MIRACLE OF TRANSFORMATION

One dreary afternoon when all was still, I cried until I felt I had washed the windows of heaven. I believed in all that made perfect, but there remained a yawning inner space that left an irritating effect. "God", I said, "I'm still going in circles, I've run the gamut of churches, preachers and altar calls, if you are there, answer me!!" All I had left on determination were tears to cry, and not too many of them. My laments were fierce and demanding, until finally worn-out I just gave up. My body felt limp from sleepless nights, my mind frazzled. The holy gladness I once knew as a child had left me. I felt empty, worn-out.

A split-second touch of power overwhelmed my being, as a sudden streak of brilliant Light plucked me out-of the body and threw me straightaway into the sunlit reaches of eternal life. Unaware of having a body, I was all eyes, thought, soul, energy, consciousness. There was only breathing, loving, oscillating brightness, that became my garment.

And then a Voice, stern and clear spoke up from my own deep: "I am thyself, the breath you breathe is Mine, your eyes are My Eyes through which I see. Your hands are My Hands through which I give, your feet are My Feet through which I move and carry out My Will, My Idea and Ideal. I am your Sovereignty, Holiness and Glory. I am the life of your being, *I am That I am, Thine Self.*"

For moments I lay motionless, bathed in the afterglow of the encounter that changed my life in one short moment, and then I arose in wonderment of what had occurred. Somehow I had found the Key to Life and was again left to face a cold, uncaring world. I pondered for days, hoping the Holy Light would again grace my solitude and often grew impatient with yearning.

But each span of waiting that set me on edge was filled with the Love of Him Who saw Himself in me; and each encounter that cauterized the soul with defeat where His Triumph and Victory, that imbued the heart with holy passion and left its mark of distinct purpose on my life. And I began to live my newfound freedom for all it was worth. I found a Love most strongly binding, that no matter how far you move away, a strong tug will draw you back into Its alignment. Whereas before I applied spiritual healing by instinct, I now understood what I was doing, and, it also became clear that poverty and plenty, misery and miracle, rose out of my own nature and state of consciousness. To do and dare became the order of the day.

The visitation of the cross came often over many years. Men and women adored, scoffed and reviled me, because they didn't know God. But along the way, as I learned detachment, the protective Mantle of the Holy Spirit wrapped Itself closer around me and the miracles intensified.

THE VEIL DIVIDES

After the God-experience, however, I felt eyes on me at night, some of light, others glowed in the dark. Bright lights would float through my room and things would crack and breathe out-of-every corner. But these were always there, only now I noticed them through reawakened inner senses. I began to see in a radius of 360°. It was eerie at first; no matter where I went I would greet people behind me as though they were before me and knew their name. At night, while looking at the ceiling, it gave way to widespanned vistas of universes and worlds, all was in perfect harmony, and people strolled hand-in-hand. I heard the *Song of the Majestic Choir* of the Worlds, Its Golden Crescendo — an unbelievable experience.

Often while contemplating the Presence, a rapid spinning sensation and sound of a popping cork moved me out-of-body. Doors, windows and walls would fade and I could be anywhere I choose. I would see human auras aglow with spiritual light, hear sounds from faraway and see to incredible distance. Sometimes I hear the cries of those who lay suffering in hospital beds; my spirit follows the sound, and my fleeting appearance is seen by some as I come to their bedside or walk down hospital corridors. Often these visits bring healing, yet not I, but the Spirit of God does the work.

I am no longer one, I am many; I lost myself in all their needs and pain. It was a new life, a new force, and a new beginning.

My prayers for others became more quality than quantity, and my decree to God intensified: "Make me a better vessel!" And one night I said: "Lord, I'm too tired to pray, but if there is anything left in me of use for service, then use this part during my hours of sleep!" Ever since some are surprised that I visit their dreams and I'm surprised too, unless they tell me I'm unaware of it, since it is the High Self. They describe how they accompany me on journeys to worlds beyond, describe the country sites and places we visited together and repeat my teachings, while others claim instant healings.

In one case a woman wrote the following: "I have never met you, but saw you on television, that night you came into my dream and I was healed. You placed your hand on my shoulder and said: "Sit up, raise your arms, you are now perfect." I immediately woke up, could move my arms as you said without pain, my sick arm was as new. I suffered from tendonitis for many years. Thank you for my healing." Two weeks later a call from the head nurse took me by surprise as there was no previous contact. She confirmed presurgical tests have been taken and that it might please me to know they were negative.

A man called from Pennsylvania and said: "I'm shocked, I met you in my dreams two weeks before I even thought of sending for your materials, you look exactly like your picture." And so it is, spirit knows no distance, whether we heal in worlds of matter, time and space or in higher worlds of God. However, many miracles may occur to human beings, animals, bush or tree, they are wrought by the Holy Spirit of God, independent of the vessel. It signifies the beginning or ending of a mission, which held true for me, as many years later He manifested to me again, this time only revealing His head and shoulders that shone in the radiance of pale orange light and meant my work was being redirected into the written word; and so it was.

All this and more I gathered up on my journeys to inner lands, that I now may share with you its joys and the way by which you may stand securely in the radiance of your own Light and receive the bounty which is divinely *yours*; as you become the *Self — fully conscious*.

Others may scoff your findings, for find you will! Hold fast to Love, hold fast to Truth and know beyond each veil of tears shines the Light that will fragment every shadow. Whether in earthly or spiritual gestations, or at your Gethse-mene, the Sovereignty of God overshadows you. There is no magic formula or easy way to heaven, and as you will find, it is never mind power that wins each just fight, but Soul Power that wins the victory. Only that which can truly create and destroy is real, all else is pseudo-power. In the quotation of Hermes: "And my light conquers every light, and my virtues

are more excellent than all virtues. . . . I beget the light, but the darkness too is of my nature."

Beloved of God, although in the process of re-establishing your divinity you may give up all and feel forsaken by all the world, the Miracle of transformation shall regrant and heap your cup to running over. Seeking highest Truth leads to spiritual awareness. Spiritual Consciousness unfolds from *within*, grows and grows, until every holy center of your body shines forth as a candle lit at the Altar of God.

And thus ends chapter One; as we now move on to begin your new life of health, happiness, prosperity and divine unfoldment.

CHAPTER TWO

THE DYNAMICS OF HEALING

Divine Healing enables us to understand the Nature of God as our own. You are the manifestation of God, God expressing as *You*. You are the exuberant power, the Divine Child, the essence, wholeness and love, therefore the creator of your creations, health or disease.

Your spiritual systems, body, mind and limbs are the instrument of the Divine, every cell and atom of your being is a focal point of God, which His Healing Light illuminates and restores. But even pain has its virtue, in that it frees the soul from material and emotional bondage and brings it into new awakenings. The Force is the power and energy of your existence and Intelligence that sustains all life. Some use it for good and thrive and those who abuse it suffer. Therefore the cause of calamities and problems of the world are mental, the consequences physical and material.

Healing occurs from within. Though of *One* Power, the energy of healing is not the same as the driving force of nature, but Divine Power stepped down in frequency and vibrations. Its manifestations are real. If individuals seeking healing would accept *It* with an open and forego pleading — taking no thought, the body would instantly absorb *It* and restore itself.

To be healed does not depend on the practitioner's faith, but on your readiness to receive. There are no miracle potions here or beyond, only Grace. If healing depended on faith, then animals, trees and fields, which know nothing of faith, could not be healed. However, concerning human beings, an attitude of acceptance should be present.

A woman called two months after her healing of a painful back ailment and said: "Do Lori, I'm still no better, what am I to do?" To which I replied: "When you cease concentrating on your back pain it will be gone. Free the energy and trust God." One week to the day she called overjoyed: "Dr. Lori, I am healed. I can do the work I have not done in years, thank You God, for my healing." Ten years later her back is still perfect.

In another case a woman had such leg pains she decided to stay inebriated. As she mumbled a string of curses under her breath, it was evident faith or trust never entered her mind. I knelt down by the kitchen table where she sat and asked God to heal her painful leg, knotted with cramps, and her attitude — if possible! God instantly cured the leg. Though I expected a change in her attitude concerning God as well, her last words were: "G.d. . . .the pain is gone!" Too intoxicated to feel guilty or undeserving, the woman did not resist the healing and it was done.

FORGIVING DISEASE

The shining atoms of your spiritual and physical being — billions of them — were born of the Perfect, Radiant Body of God. 80% of all physical and psychical malfunctions originate in the mind. When energies are out of balance, the body compensates through pain. Our thoughts created the illness, our *forgiving* thoughts will *uncreate* it. The most perfect healing has no longevity when man persists on self-destruction.

To call forth a disease will not heal it. If we would turn our heart to perfection, there would be no need to call forth anything else; because the *Perfect excludes* disease and health — since it is not a statement, but the manifesting Principle of Perfection. Even the soul can become ill and dense when it persistently lingers in ways of the lower mind.

God is not sick and takes no pleasure in our painful conditions. Since He has nothing to do with our illnesses, He is not interested in removing them. His Healing Power dwells within us, which we may acknowledge and use. Healing and forgiveness begin and end with *You*. God speaks to us

through pain and joy, to make us think and to reorganize our life. We get what we give and no more than we merited. When you forgive yourself and others, the body begins to heal. To forgive means to hold no grudge, to feel no guilt and not to repeat the error. It also means to understand yourself. Then, when you forgive others you will understand them as well.

FORGIVE YOURSELF

Jesus taught the Buddhic doctrine when he healed the sick saying: "Thy sins are forgiven thee, go and sin no more." Then the sick recovered, as before they did not know it was in their power to forgive themselves and be healed. Now, others may not readily forget injustice and abuse, but they will when you do, since there is no friction left to feed the feud. To realize God has no part in sin, inharmony, ill will and painful disorders, is to take responsibility for your actions and to meet conditions in Healing Truth. Ill health and troubles point to our need to realign to the God Presence that restores us to peace.

To decree perfection does not mean to ignore existing conditions, but to cease dwelling on them negatively and to think loving, restoring thoughts concerning them. Nothing can be healed until the cause of the illness is discovered and cured, which restores the broken rhythm and removes the vulnerability to the disease. And who is better equipped to point out the cause of his ailment than the sufferer, who knows what bothered him so much until he became ill? And who can therefore better remove and forgive the cause than he? Although true healing occurs in every aspect, human and divine, it is only for the present lifetime to grant the soul needed rest, until the energy of mental, emotional and physical karma reactivates itself in a future existence to complete the cycle and redeems the "sin" entirely.

It is not when people *want* to be healed that God cures them, but when their karma calls for it. Then it is mitigated. All things are curable, except that some destinies do not allow them to be healed. Yes, individuals need healing, but they do not want to *change*. So, it is easier to claim the server

has lost his power for them, than to acknowledge that *they* must change and come to God without rancor and animosity to be made whole. We desire healing, but do not seek the cure for the desires and passions that made the body ill. God is *always* in charge, God *never* fails to hear. Love is the force that manifests all healing.

A WORD TO THE WISE

We wish to underscore: spiritual healing as practiced is not a substitute for a medical doctor and only proves authentic when your physician has released you from his care as *cured*. Do not ignore physical discomforts, it's the way your body cautions you of existing disorders. Well-meaning manipulators who advise what should be done for the body can cause persons to get sicker, even to die, when a medical man could have saved them.

Divine healing manifests in man's celestial forms, before it affects a cure in the physical vehicle, because *he is* all these bodies: physical, vital, emotional, mental, causal and super-celestial. This is why it is called: *spiritual healing*. The cure for disease is found in the Planes of Spirit, in herbs and in medicines *prescribed*. A qualified individual does not treat the *appearance* or disruption, but steps aside, for Spirit to heal body mind and soul as a *unit*. However, some are incurable, because their belief in their sickness is greater than their belief in God.

INSTANT HEALING AFTER DEATH?

To presume that after death all things are made perfect is a myth. After death, as during life, healing is not granted on occasions, but when the mind can accept wholeness. Healing can be a very gradual process; while some are healed instantly, others are healed along the way. I've witnessed terminally ill persons, including my mother, recovering after death in wondrous places of rejuvenation. These sprawling mansions are of exquisite design, bright, homey and emanate tranquility and transcendent peace. They are adorned by bushy trees, luscious greenery and surrounded by elegantly manicured landscapes. Your loved ones have all the love,

attention and respite a heart could wish for. Yes, there are comfortable beds, nutritious food and they are cared for by loving beings of great compassion. Nature's healing works in its own leisurely pace in any world.

Genuine healing transforms the whole man. When before-and-after health in x-rays prove a person cured, the manifestation of Grace is then impeachable. Discouraged persons might consider: should the body be renewed for the personality to perpetuate its evils? Though healing is highly beneficial to everyone, what good avails when it does not benefit the soul?

COMPLETENESS OF SPIRITUAL HEALING

Many persons suffer so much pain they pray to die. They cannot get better, because instead of asking God to vivify them, they pray for the final destruction of the body. Whether ill or well, we should decree *life, energy and strength* for the body, if the Spirit of Life would infuse us with new vitality and we should accept it is taking place here and now. Whether this will mean continued life on earth or entering higher worlds should make no difference, since it is not up to us to determine the hour of our passing. Either way is healing.

True healing pours into every avenue of your existence. I have seen people physically and spiritually transformed, hopeless circumstances changed to peace and plenty and broken relationships restored to love, contentment and joy. Out of newfound inner peace emerged riches. As persons relinquished their grip from materialism and began to look to their True Source of Supply, it began to shower such material abundance into their lives, they could not contain it. God never gives in bits and pieces, but beyond measure. Now tell me of *one* person who will not improve quickly when needs are suddenly met with much to spare?

HEALING YOURSELF

Self-healing reactivates the stream of restoring energies already within you. *You are* the connecting link between heaven and earth. *You are* the exalted power, the Will of God in action, a power very real and dynamic. Since the cure

of all illness is within *You*, you do not have to live in pain, you *can* heal yourself. When you truly accept that the power within you is *real*, omnipresent, omnipotent, it will respond to your need. But to heal and be healed, you must enter the consciousness where healing becomes possible. It takes less than a second.

Some individuals heal quite naturally. When it becomes a lengthy chore of learning, it should be left alone, since it employs manipulation. A "healer" is not made, but born with the gift he earned over many lifetimes. Nothing is accomplished in a rush, nor in superficial manner. In example: an individual under business pressure, or one involved in sub-human activities cannot expect healing to occur when he applies a technique. It's not the direction that fails, but the person's lack of attunement to God.

Though of the same power, there is a difference between psychic and spiritual healing. The first employs mental, physical and visual manipulations, whereas the latter takes *no thought* and allows the Force of God free reign.

When healing yourself, open your heart wide to the Spirit of Light, to flood your whole being with new, vibrant life. Recognize *It*. Do not tell *It* what to do or how to do it. Set it free, let it flow — and you will realize results. When healing others follow the same course of *nonaction* and keep in mind: *God* is the Healer — there is only God — and God is all there is.

FEEL GOOD ABOUT YOURSELF

Now, instead of berating the body as being too fat, too thin, too tall, short, or whatever, begin to praise it. You will be amazed how it will respond, begin to thrive and come aglow with life. The energy of your thoughts, opinions and past actions fashioned your form. You cannot have a better body in your next existence that you did not create for yourself here and now.

Vital energy correctly applied and inner serenity, will imbue your features with youthful radiance. Spiritual healing can prolong life an average of twenty years. In the case of Ida Starkey, who looked quite aged *before* her healing, every

deep line had disappeared from her face after the healing. She looked more radiant and youthful by twenty years.

Only God knows at which point healing takes place, but evident results attest it works. A woman suffering from cataracts came to be healed, which would be an impossibility without surgery. "Father, will you cure her sight?" Attuned to God I waited. Soon His wonder manifested. With a dreamy look on her face the lady turned to me and said: "O, Dr. Lori, I can see! I can see! What is this laying on my lower eyelids?" — "yes", I replied astonished, "Your cataracts!"

We call them miracles, but they are God's Divine Conclusion. Some people believe they are only entitled to one or two miracles, but when you can perceive the Wonders of Life, you will have a miracle every day.

WHAT YOU SHOULD KNOW ABOUT TECHNIQUES

The techniques and dynamic keys to self-healing presented to my Reader in this book bring results, but a technique is only a frame-work *you* must fill with loving energy before it can work. Many persons attest my methods have worked wonders for them, while others claim they realized absolutely *nothing*. Clearly then, it is not the directions you follow that heal, but the energy of God to which you became receptive and to the degree of your attunement.

Individuals who do not take time to still their senses through meditation and people who are always in a hurry *to get things done* — receive no benefit, since the vivifying essence of patience, love and application are absent. Moreover, the best technique is worthless if it does not improve your condition and heal you. The way is always there, but each must find the missing link.

THE MIST OF HEALING LIGHT

God is *Energy*, you are energy, and only *energy* can heal you. No human knows what God is, until he feels the high charging of His Force. When He said: "Prove thou me!" He ordered you to take dominion, to take charge, to create —

and to restore. The following technique can be readily applied for deep relaxation.

1. Relax in a chair or lay on your bed. Become restful. Close your eyes. Envision a cloud or mist of pure white Light, that issues out of the Brilliant Sea of Superconscious Life. Acknowledge the Light, for it exists at every point of cosmos and resides within you. The Light is God, is *You*.
2. Now place your hand directly on your solar plexus, the area below your ribcage — and then on the afflicted area. Slowly shift your attention back to your forehead and let your observance drop backward towards the brain.
3. Envision the shimmering whiteness of the Light dissolving and enveloping your physical form. Do not direct *It*, *allow it to be* — and to infill every space of your being. Behold the wondrous brightness expand to great dimensions above, beneath and around you. Rest in the Light, feel permeated with Healing Love. The Light you see consists of trillion other focal points of Light that interblend and flow in and out of each other — and *You*.
4. For a moment behold and *feel* Divine Love bathing every cell and atom of your being with rejuvenation. See the healing mist stationed on the afflicted part — and pain will dissolve. Now see the Healing Effluvia slowly moving outward, inward, upward — receding again into Itself and into the Greater Light.
5. Rest awhile. By now you should feel a great warmth, or soft electrical tingles diffusing your body, or wondrous calmness. Give thanks! God is within *You*. Healing derives from no other Source. You live in His Kingdom in this very moment, not an hour ago or a moment ahead. When this is realized, all needs will be met.

STEPPING HIGH WITH LOVE

Healing is a gift of God. Whatever I know of it and successfully applied was received from within. Tapping your inner resources and getting to know yourself is a *continuing* journey of self-discovery. Best of all, we are taught through our own need, especially when necessity calls for it.

Between a morose foot and swollen glands from the poisons, I wondered if healing was meant to be. Nothing I could do would lessen the dilemma. Where was the lesson? Despaired I sat on the edge of the bed staring at the open wound. Finally, the Invisible Lord counseled: "Love yourself, love your foot!" "What? Love myself?" It was easy to love others, but to apply love to myself my foot? Well, not simple — but it worked.

Self-healing offered no results, because the main ingredient: *Love*, was missing. But now I could cup my hand over the hopeless looking injury, add Love and say: "You may heal now! By the Love and Power of God, Son and Holy Ghost, so let it be!" After the third application the fiery redness paled before my eyes. I literally felt the poisons leaving the body. The following day the gap had closed without leaving a scar. A healed foot feels much better than one you can't stand on, and I was never more grateful.

God has His own Way of teaching us, eventually we *do* learn to listen. Clearly, self-healing requires self-appreciation, God-centeredness and respect for the temple in which you dwell. When you speak, the living cells of your body listen and respond to your energy. Speak to your body with *love* and it will heal itself. It is astonishing to see something heal before your eyes!

Love generates healing; feeling its vibrations you come to know God. But when we make no time for *Love*, thus do not know Love, what can we generate?

RELEASING HEALING TO GOD

Should you be asked to heal another, it is not your station to remove the illness or to rearrange the person's thinking about himself or his God — but to realize *your* oneness with God and all life. Then, in the moment when you perceive

only *Presence*, divine healing begins to release and mends the need. Healing becomes effective and complete when man stops to block it by manipulative thought. When you are free and unincumbered of the weight of mind, wonders beyond all you hoped for manifest.

While healing others you are always aware of the subjective world, as of any other world you may momentarily enter. You are never controlled by *anyone or anything*, save the Breath of God. Then, when you are in correct alignment to the Force, there will be fragments of time when you enter the Light, forgetful of the world in which you live. In this self-emptied moment the Power of God flows through you and healing takes place. It is all in letting go.

MOST BELOVED, DIVINE PHYSICIAN

If you would heal, remember: God is the Healer, *Soul* is the disciple — soul and form are the instrument of God. God is the center, heart and life of everything, boundless, *everywhere*. Divine Intelligence sustains all life. Therefore you cannot give wholeness to anyone, it is already there. Since God is the Source on which all living things depend, individuals need not be infatuated with themselves to be allotting His Grace.

Your baptism in the Light and Sound Current of the Holy Ghost is your only anointing. When it is real it blots out self-pride. Now, some individuals are always ready to reach for the door knob, because they find the work too thankless and wearing. But when dreams and aspirations are not rooted in humility, endurance and truth, the Power withdraws and finds another inlet and outlet more steadfast and dependable, that would gladly bear the sweetness and burden of the yoke for the Sacred Beloved.

You have to know and feel Love to be an instrument for the Divine Physician. But in that, you will also feel the pain of others, no matter how faraway they may live. And even though their sickness is their karma, you hurt because they hurt. God works in His own Way, here, there, everywhere! The Beloved, Divine Physician dwells in everyone, so does His fantastic Love, no one else but *It* can free the human

race from its pain and perdition. One touch of His Love and you are made whole, one touch of His Breath and you are lifted into the heights of life-changing awareness. Everyone can receive His Healing directly, but should also ask himself: what can God heal when we insist on taking the same poisons?

THE FORK IN THE ROAD

Often "miracle workers" claim to have a *master* working through them. There is only *One True Master* for all people: The Spirit of the Lord does not lend Itself to necromancy, nor to those caught up in greed. Any soul that experienced the Audible Sound Current and lives in the electrifying, soothing stream of Spiritual Consciousness, has no desire for display, nor to indulge in manipulative practices. All that rises out of the twilight zone of lower psychism repels True Spirit. There are signs at the fork of the road that are clearly perceived in the inner life of every individual. One points to the heaven men dream of, the other to yonder worlds, the third points to the highest attainable Way, that leads to physical and spiritual liberation. But while in physical form you are yet bound to your world and one free — except in soul. So long as you still fear illness and death, you have yet to experience the total freedom which is inherently yours.

The Great Way is free of eruditions and rituals, free of penance, futile guilts and short-lived remorse. It is free of all exterior worship, free of idolatry, human greed, vanity and pride. It is the way of joy and abiding peace, where you realize it is not the name you make for yourself in this world that counts, but the energy of *good* you leave behind, when you ascend to Fairer Shores.

TO LIVE FROM THE SOUL

We presume that individuals involved in spiritual healing are fully conscious of the *Self*, and live by the rules of the Inner Life. In the awakened state you realize that innate power is yours to use, to set right, to uplift, to comfort, to warm hearts with joy and to burn away all that is inharmonious and unreal within yourself.

Living from the soul you let go of inspired notions, exoteric teachings and crutches — for you now walk straight and alone towards God. You realize soul power knows only healing rightness, truth and beauty in every inward and outer expression. You also become keenly aware that God is the motivating, moving Force of your *total SELF*, the Wondrous Magnetism that attracts to you every good and brings healing to the hearts of men. If you would know the Dynamics of Healing, the foregoing becomes prerequisite.

THE MEANING OF FAITH

Faith is the intuitiveness of the spiritual life, the element that compels divine imagination. Since faith is an intangible aspect of the soul and a realization of Divine Affection beyond the senses, no one has ever explained what faith actually is. Webster defined it as: "The ascent of mind to the truth *of what is declared by another*". But mind does not ascend, save the Spirit of God would pull it through the door of the soul. Neither does mind *expand*, it absorbs and unfolds. Faith is a personal matter, therefore to believe in what another declared cannot be a personal faith.

To believe and to have faith are not the same. Belief is based on opinions. Belief reforms the mind to what has already been established by others as faith. Thus, congregated belief constitutes religious thought and "new thought" of various accepted opinions. When we let go of formulated faith — and find our own, a strong foundation in God begins to form. But how can we have faith in "things unseen", when we refuse to believe the Unseen exists and rejects its revelations?

Illumined faith sees, knows and *experiences* beyond the senses, where the Unknown becomes the *Known*. True faith has the understanding of which an unwavering *trust* in God is born, that has no fear of death. When you have faith in something, you are never sure if it will materialize, but when you *trust* — you release your whole self into it. Trust leaves no room for doubt, it delivers!

The general meaning of faith implies you get something for nothing — out of nowhere. But since man has to *earn*

what he receives, how can it be called faith? To trust God is a grade feeling of inner harmony and balance, that moves out all worry, for it realizes every need as already supplied. Man's joys and troubles attest to how well he applies his "faith" to his life.

Illumined faith is the fruit of love, servitude and devotion, and grows into the trust that belongs to awakened souls. The element of hope and trust is creative energy, that manifests *through* you and brings forth what you had confidence in.

Your thoughts form your world. Your creative power molds the image and brings it into being, by your desire and force of will. A dream come true? No. *You* created it. The energy of trust and light-filled thoughts is the spider that spins the glorious web of destiny. When soul finds the Golden Thread that looms the Ladder of Ascension, it will climb into the limitless freedom that removes all doubt, heals every scar — and disintegrates the web beneath.

CHAPTER THREE

BORN TO HEAL

Healing is the manifestation of Love and Mercy, the natural ability of awakened souls. You are the Wonder of Love, guided by Love. Love is the antidote for all disease and distress. You are the heavenly secret, the Heart all-knowing. When you allow yourself to reawaken and blossom into the fullness of God, and the hands of your great heart reach out to others in compassion, healing begins to flow.

You are the healing fire of divine Life, this you are truly, all you need to be is — just *Be*, then you will realize the *I-ness* and *Here-ness* of *Omnipotence*, which will touch and heal others no matter where they live, in any country, on any continent here and Beyond. As you step aside to spiritual power and claim *No-Power*, the Love within you will heal uttermost.

It is not faith in man that heals the petitioner, but his full *trust* is an all-loving God. Can I heal them? No. Only God can do that. But in the sense that God is *I* — I can. I am connected to the Source as *all are*. *I am* Light — is within me and within them. I have nothing to give except that which momentarily flows through me — and in this awareness the barren become fruitful, the blind receive their sight, the lame walk, the twisted are made straight and the deaf can hear.

Documented testimonies of healings presented in this book, reflect states of consciousness that belong to all. And, as you desire to heal yourself and others, it will not be unusual for the Master of Light to speak up from the deep of your own heart:

“Come hither, I will teach thee!”

HEALING THE INNER WAY

Under the spiritual Guardian's Guidance, journeys to Worlds of Light often came unannounced. Blinding bursts of dazzling Light poured over the soul, as the Presence of incredible Love drew me into Its protective Aura. We traveled swiftly through Eternal Gateways into the sunlit landscapes of God, where the Melodies and sweet refrains of the Holy Sound poured down from cosmic mountains into sunbathed valleys below, by Its sweet touch every blade of grass and blossom bowed its crown. Hills, sparkling streams, rolling green meadows and rustic hamlets reposed in the autumn glow of celestial botany.

I vividly recall entering a windowless structure lit brightly by ethereal lights and the shining decor of muted gold, soft green and alabaster. I received the knowledge of healing that has nothing in common with methods taught on earth. During such training period I entered a room where a dark haired young woman rested face down on a low, flat cot. Crystal clear water sprinkled from a fountain and mixed with the soft melody of the dewy atmosphere, which vibrated with tiny dancing lights of many colors. All around the bed upon which she lay were abundant green arrays of plants, ardor of jasmin and rose petals filled the air.

As by instinct, I knelt down to pray and received telepathic impressions, clear as a voice, as an unseen Presence guided my hand over the body before me: "Not this way, *That Way. . . .well done!*" At this point the Force moved my hands in perpendicular and horizontal motion over the body. She appeared to have suffered from a back injury.

I saw ultraviolet rays flowing in ribbon shapes from my fingertips. Then the astral form of the woman became jelly-like and transparent, her spinal column became visible, revealing a clear picture of the injury. A scent of jasmine and myrrh began to fill the air and by a sliding, tumbling sensation I re-entered the physical body, wrote down the experience and layed it aside with my other recordings.

WOMAN HEALED OF SPINAL INJURY

One week to the day of the experience, a lady called for help. Her husband carefully walked her across the room; each step was agonizing pain. Her back injured in an automobile accident, she lay pain-stricken before my altar. I began the invocation of the Holy Spirit, following up with anointing the body and its bathing in Divine Energies, when a strong vibration zigzagged through me as the Voice repeated: "Not this way, that way. . .!" As I pulled my hands away from the human form, it felt as though my fingers had reached through a three dimensional soft mass. Oil, pure Sacred Oil, poured from nowhere out of the palms of my hands. Then, all of us heard a loud popping sound. The young woman jerked abruptly under a charge of light and lo, she was healed. She wept so, embracing her husband, and I watched the couple walk away through the yard.

IMMOBILE HANDS RESTORED TO FLEXIBILITY

As one shares its happiness with another, a desperate mother called for healing. When she walked in she said: "Dr. Lori, how many children do you think I have?" Since I was impressed by 11, I told her, but she said twelve, eleven now as she had lost one. She said: "Please heal my hands, I need them to bake pies for my children!" Both hands were stiff, not one finger would bend. It seemed impossible! I told the woman that I never healed anyone in all my life but we would lift this need into the dimensions of Light. "Take no thought!" The Voice counseled, which removed the *appearance* of immobile hands from my field of vision. No sooner as the healing began, Chrism Oil, an invisible fluidic substance began to pour from my hands, the woman claimed her whole neck felt wet but actually nothing was there. After the healing she opened and closed her hands, the fingers had been restored to complete flexibility and two days thereafter I received the biggest, most delectable pie! No one can describe the thankfulness and joy this mother felt for her healing, which has been ten years ago, and her hands are still perfect.

Each person feels something different during healing. At times the one healed feels sleepy for a day or so afterwards, after which energy and new life surge in as never before. It is not unusual for persons to experience some pain after healing, when the body restores itself. This cannot be helped, for Spirit is in control, and short discomforts are happily endured. Not everyone feels healing pain, it depends on one's sensitivity.

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INCISION CLOSED BEFORE SURGEON'S EYES

The testimonial of M.J. of Cincinnati, Ohio Reads: "To him who may read these words, I testify, I was afflicted with a disease seven years ago, a problem with the lymph stream and given only a short time to live. I met Lori Poe, the healer and was healed by God through her. I thank God for this miracle."

This young person, M.J., had a large lump protruding from under his chin. After three healing sessions it dwindled to the size of an almond. He stood before the mirror and bumped it accidentally so he went to the doctor, who said: "Let's just take the rest of it out." During the operation he found that all of the illness had gathered into the leftover lump. As the operation was about finished the long incision closed before everyone's eyes and stitches were not needed. The doctor stood in wonderment.

The young man's eyes gleamed when he came to see me: "Look, no stitches, what a phenomenon!" Then he commenced to tell of an out-of-body experience he had during the operation:

"I found myself floating around in the Universe and entered a great palace that was lavishly decorated.

There were many people present, all in colorful dress. Up front stood a white-robed luminous Being, and I knew he was a Master from the Great White Lodge. He called out, and I stood before all those people. Then His Voice said: "You've been given another chance, go and sin no more!" Hearing this, I opened my eyes and found myself in the recovery room.

MAN HEALED FROM ERYSIPELAS, DAMAGED GLAND HEALED, MULTIPLE FESTERS FALL LIKE SCALES FROM THE BODY

It was a wonderful spring evening in New Orleans, everything blossomed and bird songs filled the air. Out by the pool in back of the hotel even a big boa-constrictor was being given a bath. "Surprising what people will do," I thought. I opened the sliding glass door when a little bird flew toward me and sat on my hand, acting like it never wanted to leave. Well, I'm blessed today, I wonder what the healing session will bring. Somehow a song welled up inside of me and a feeling all was well on earth.

My appointment arrived — a stately young man who looked like there was nothing wrong with him at all. I gave him a consultation, followed up by full healing, and he departed. After a month came a letter stating:

"As I told you in person, you have been a great influence in my life. You helped me find the Light of the Lord at a time in my life when I was seeking answers and spiritual help. I only asked for a healing of the spirit, for help to become a better person, that I would be shown the way of life intended for me. I did not think or ask for any form of physical healing. I felt I should not ask when thousands are in pain and misery and my problems were so small in comparison. However, as you prayed, I felt a great warmth come over me and a blue flashing light appeared in my head. I went home and read your first book that night. Getting up for work next morning, I found I had been healed indeed, of a great physical problem. Last Thanksgiving I contacted a disease called erysipelas, [severe, contagious skin condition]. In my case, it was the left leg. This led to phlebitis and before my doctor decided

what I had, I almost died. When I could finally return to work I had pain and swelling in the leg without letup. I was told I would have problems for the rest of my life because of the damage done to glands in my leg. Anyway, I could not believe my eyes. . . .my leg was perfect as any leg could ever be in the world. You are truly a Light of God. Also, every morning for years, small festers appeared on my back and shoulders. When I touched my back, all of these fell off like scales and my back had new skin. I am stronger than I have ever been. Many thanks!"

L.R., Baton Rouge, Louisiana

MIRACLE UPON MIRACLE

Over the years I've met people from all walks of life who sought healing, inner renewal and spiritual instructions, who, along the way, shared their blessings with others; as was the case with a man who received healing of arthritis, who wrote:

"I met Lori Poe in January of 1973, at that time I had arthritis so bad I could hardly do my chores around the farm. One Monday in February my arms hurt so bad that I could not lift a bale of hay, I went to Lori and told her I would just have to give up my work. She put her hands on my arms and prayed. I could feel hot rays coming from her hands, in that instance I was healed and have had no pain since that day to this. I thank God for putting her in my path. I know of several other people who have received help through her. A friend of mine had migraine headache for years and is healed. I have a friend who could only bend his hands to his knees. Just after a healing by Lori I saw him touch the floor six times. Then I took Lori to a hospital to see a lady, her feet were black from sugar diabetes. They were supposed to amputate both feet the next day; but when the doctor came in to see her, both feet were back to their normal color. She walked home in three days, is doing her house work. She had been confined to a wheelchair for three years.

In April my peach trees were in full bloom, ice storms came and covered the trees. When I told Lori the trees would be killed, she went to this one tree and blessed it. That tree came through, loaded with

peaches, and the rest were killed by the freeze. I thank God for Lori Poe and the blessings she brought to me and other people. If only more would know about this woman, they would find relief from pain and suffering, not only that, but they would find their way to God and Christ."

D. Williams
Clarksville, Ohio

The Miracles of God fill us with wonder! Using Dynamic Keys to Self-Healing, you will find them most effective and realize that except if a condition is karmic, there are no incurable illnesses, only incurable people. A heart replete with love, always receives blessings.

Any testimony is humbling but also grants a sense of purpose, that Spirit has found in you a dependable soul, that endured the fires and crucibles of *initiations* and came out of it a usable tool.

There is always a reason for meeting people, whether in person or by phone, a blessing will enter their life — and yours — but no matter how fond they become of you for the Good God gave, there is no time to stop for personal involvements, for the need is great in too many and must be attended to.

Many who were hopeless, whom the Spirit of God healed of cancer, who had a cleansed medical record were ashamed to admit their healing, embarrassed they were healed through a humble soul, for fear it would disgrace them in their social circles or: "what would my church members say?" Their endless misery and pain is soon forgotten, and sometimes I wonder why God takes the trouble to heal them — but perhaps they earned that state of Grace sometime of past, somewhere. If their belief were rooted in God they would not have to run after me or others like me, God would heal them directly.

MIRACLE HEALING OF PROSTATE

I shall not readily forget the wondrous vibrations that reigned powerfully and enveloped all of us as a scientist and his wife came from West Africa for healing. The couple worked tirelessly to improve living conditions for those who

live on this continent, researching foods and crops to develop a means that would keep the population from starving.

As the healing began, timeless Love permeated every atom of the air. More was in need of mending than can be mentioned. After we had parted, the peace of God lingered on. I felt something had happened, and hoped for the best. Six weeks later a letter arrived to confirm healing had taken place. Writes Dr. C.J. deMooy:

"Today is two weeks after the healing which had such wonderful effect. Three days before I came to you, a medical doctor confirmed a prostate condition which would necessitate surgery at very short term. He was obviously right. I was postponing the destructive action day by day but was unable to score any improvement. I decided to seek your help. I did not consider myself a Christian at that time, but was cooperative and had an open mind to whatever might occur. During your prayer, Light started building up in front of my closed eyes and a feeling of welling spread through my head. A little later, warmth passing from your hands entered the afflicted parts of my body and I knew that something changed. My body felt normal as it used to before any symptoms appeared and it was obviously healed.

This is miraculous healing like it was described in biblical days by the touch of Jesus. It is wonderful to know that miracles are still happening today and that some people are capable of serving as a channel of God's Energy with absolute confidence that a healing can be accomplished. This happening has not only healed my body but it also changed my outlook on life by realizing that healing is a natural phenomenon which could be normal rather than the exception if we would learn to use the Force which is present around us and inside our heads."

Many months later Dr. deMooy confirmed again:

"This healing has done more than just healing. Every day since then, the purple light has returned to me after short meditations, it is now a part of me. Once it came by simply closing my eyes and "looking up" . . . the purple light is still with me. Whenever I close the eyes it comes up. . . . it brightens up with thoughts

of love and gradually dims when my thoughts digress with daily occupation. When it is bright, it develops a definite tingling in my feet when directed there. Also a slight feeling of warmth in the abdomen although that could be imagination. It is my only company and I am quite happy. Both of us see the light, wonderful, isn't it! Sometimes it comes just by closing the eyes, no mediation necessary; it is so close, yet such learning process! My body feels good and "normal". . . . and what's more. . . . I am more aware of the Holy Spirit within me, feel more like part of this Creation and raise my mind to it at times during the day. . . . I am enjoying your books, encouraging and a pleasure to read. . . . I recognize so many points. . . . big things hidden in a few subtle words. As you know, most people have their consciousness fixed on the body and the physical world around them. That is their real world and they have no confidence in the Absolute and little concept of it. They do not listen to mystical ideas because those come from the outside and have no counterpart within. They will read over all the points you made carefully without understanding any of it and dismissing it all. Of course you've known that for hundreds of years. . . . I'm only partly through with your book "Journeys" and could write pages and reams about it. . . ."

Best Regards,
Drs. Jac and Barbara deMooy
Botswana, Gaborone, Nigeria

MIRACULOUS HEALING OF TENDONITIS

My friend drops in now and then to see all is well, since my hectic schedule does not afford the pleasure of visiting. And she will tell you of the touch of Light that removed a painful condition:

"The last of February, or first of March, 1982, my right jaw started bothering me just a little, I didn't think much of it at first, then it began spreading to my right ear, it was like a slight ear ache, and a jaw ache, and I thought I might have an infection in my ear, so I used some ear drops which didn't help at all. By the end of the week the pain had spread down my neck and up the side of my head and was hurting pretty bad, and I

was getting really concerned, because now it hurt even to talk I had no idea what it could be, because it began to spread so bad, down my back and even my shoulder. By now I was really scared, so I made an appointment to see the doctor; who told me I had tendonitis and would probably suffer with it off and on the rest of my life. He made a joke of it and told me to quit talking so much. The pain was so bad by now that I felt as though I had 13 tooth aches, and I wear dentures, so you can realize I didn't think his joke was very funny. He gave me a prescription and told me to be sure to eat and not to take the medication on an empty stomach, because it would cause damage to the stomach lining, this didn't make me happy either because I had ulcers earlier in my life. Well, I took at least three pills, and they were not helping at all.

Then one day I stopped in to see Dr. Poe. As soon as I walked in she picked up my pain, she asked if I had troubles with my dentures, telling me she sensed pain in my upper right side. So I told her about seeing the doctor and what he had said. Right away she said, sit down, I'm going to give you a healing. Well, words can't express what happened in the next 10 to 15 minutes. As she touched me I could feel a lifting up of all my senses, and such peace. The pain seemed to be flowing from me. I was relieved from the jaw and ear ache right away and in three days all pain was gone, I have not had any pain since. I never took another pill. I think it's wonderful to have people like Dr. Poe in our world. There aren't too many like her."

Eileen Rehling, Cincinnati, Ohio

I BATHED IN THE RIVER OF LIGHT

"And he showed me a pure river of water of life, clear as crystal, proceeding out of the throne of God and of the Lamp."

Healing and serving constantly lifts us into realms of higher consciousness and as we adjust to its finer vibrations we often find ourselves unexpectedly there, and soul begins to advance on spiritual ground.

And so it was, as a mighty force lifted me On High to bathe in the River of Light. In that moment I lost all awareness of my earthly existence and opened my spiritual eyes standing on the shore of a broad, majestic river flowing silver-white. One would think of it as water, yet it is not. Its glimmering, shimmering substance of millions of dancing atoms felt finer than silk.

I could submerge myself to great depth and part its radiance by the power of my will. Its unbelievable energies infilled the soul with overflowing gladness. I lifted above it, and dove back into it as a child splashing the waves of a rambling brook. I felt I had a body, arms, legs, yet it was different. My thinking grew profoundly clear, and though my eyes scanned both faraway shores of the river, I had no desire to cross over to either side. "Strange", I thought, "What a Wonder!" The happening left me entranced for may days. I felt reborn and aware that this brightness was now a permanent part of my forcefield and light.

I often contemplate this River of Life during healing sessions, somehow it intensifies the energy within and around me and is beneficial to those in need.

EXPERIENCE HEALING TAKE MY HAND

To bathe in the River of Light is the experience of every loving soul. Sometimes when you are restful, envision this broad, vast river, its shimmering surface, and listen to its melodic humming.

KEY 1. Think of Love Itself waiting to receive you, inviting you to bathe in Its golden stream, to rejuvenate and restore you to wholeness, to give you peace of soul, calmness of heart and mind, and to heal the conditions in your life.

KEY 2. You can surround yourself in Light and go there by yourself, or you can see me standing at the shore and walk towards me. Then take my hand and walk with me into the water, into the Holy Spirit stream.

KEY 3. As you bathe in the heavenly river, feel its splendid water washing over your skin and its gentle current flowing through you, soothing your senses; healing every part of your being, physically, mentally, spiritually. You feel safe, secure, loved and cared for as never before.

I will not leave you there, I stay at your side every moment, and will guide you back when you desire to return.

KEY 4. Then rest a while. Glance back to the River of Light with a thankful heart, and know your experience was *real*. You were there, and may go back as often as you wish. I am always with you.

HEALING OF THE HEART, HEALING OF PEPTIC ULCERS

While on book tour in dreamy Colorado Springs, spiritual vibrations were exceedingly high. I felt the constant nearness of divine presences, which draw to higher altitudes and nature settings that rest pure and undefiled by the pollution of man — and to your own heart.

A visiting friend asked: "What are you going to name your church?" "Church?" I asked, "I'm not into church!" As I glanced to the large bay window, the chest, head and shoulders of a huge, luminous being filled the entire expanse, and for an instant emblazoned the wall with streaks of shimmering light. The being spoke up: "Temple of Spiritual Science!" and vanished from sight. I was startled! "Well", I thought, "What do I know? I could never live up to *that*! But it was good to know someone watched, listened and cared!

Still entranced, musing the appearance of the holy being, the repeated knocking on my door sounded like an echo from faraway, until the squeaking hinges brought me back to reality. A woman stuck her head into the room: "Dr. Lori, are you okay?" "Oh thank you! Never better! I am glad you are here, it's such a love-filled, magical day!" Enraptured by the moments passed, I nearly forgot about the appointment.

The woman came to be healed of a long-standing heart condition, her husband anticipated healing of severe stomach

ulcers and circulatory problems. I fervently hoped God would grant His Grace, as all who ask for healing do not get healed.

The couple was seated and the healing began. As I attuned to God, a bolt of great heat charged through me, the energy exiting through my fingertips. Since I do not direct healing or tell the force what it should do, it was easy to keep my attention focused on God. In a trice I found myself standing outside of my body, and beheld the presences of three radiant figures of great beauty. Shimmering rays poured from their forms and soon correlated into a brilliant glare. The air was diffused with transcendent harmony, the large room permeated with timeless Love.

When the beings withdrew by stepping backwards through the wall, I saw their luminous, resplendent silhouettes haze, and dissolve into the dark cosmic night. For moments my thoughts ran after them to speak, and my heart made so many wishes! The need was great in so many! Even though my recollection of the event is still detailed and colorful, I cannot describe it fully.

The healing was over. When I asked the couple if they had experienced anything, they described the three beings, the radiant rays flowing from their ethereal raiments, the translucent royal diadems on their heads, fashioned of golden-white rays, and shining silver-pink atoms dancing through their force fields. They spoke of the glare of Light that touched them and bathed their bodies with warmth, but mostly of the love they felt, a love they said was rare and precious.

Mrs. Hall described a fleeting pain and tingling in her neck and heat covering her chest and abdomen. Her husband explained: "I felt the pressure of a hand on my stomach, and a gurgling sensation. When the pressure of the hand and the heat were gone, it felt something had been taken out of me. My stomach feels great, and is still warm, even my toes are still tingling!" The atmosphere around us was charged with happiness and joy. The couple embraced me and left.

Six weeks later I received the following note: "Dear Dr. Lori; It was a blessed day when we came to see you! I wanted you to know I went for a check-up. My doctor was amazed, he said: "What happened? Your

heart is fine. The electro cardiogram is normal, but stick to your diet and exercise!" I no longer have to take thyroid medicine and can do the things I haven't done in years! I even pushed the lawn mower up and down the hill, (not that I have to, mind you!) without huffing and puffing or thinking I'm going to pass out! I run up and down the steps as I did when I was young!

Sometimes I talk to you and say: "Dr. Lori, touch me, bless me, I feel wonderful!" My husband can eat food he couldn't eat in years, even hot peppers! His toes are pink and healthy, even those awful gray callouses are gone! He no longer suffers from leg cramps and can walk without heaviness in his legs and without pain! In two weeks we are taking our plane to the Bahamas, I know I'm going to be fine! Thank God! Thank You!"

Love, Mr. and Mrs. P. Hall
Colorado

Many came to be healed. Along the way we meet great souls, and we meet them again later in life. Most of them write to tell me about their healings.

SEVERE SINUS INFECTION HEALED

Beautiful Dr. Lori; I wanted to write to you many times, but did not have your address until now. I hope you remember the day in 1972, when I came to you in Colorado Springs for healing. I never told you what the problem was, because it was such a long ailment that I gave up on being healed and accepted it as part of my life, and learned to live with it. After all, doctors and medication only coated it one way or another. But after I left your home I felt different. The chronic sinus condition and infection started to be less serious and less frequent. Within five weeks completely gone — gone forever! It was been twenty years since and has never returned! My special God bless you for your goodness and beautiful gift! May you help and ease all suffering for everyone who pass your way.

Alexandra Belhazy
Colorado Springs

Time moved on, when I would hear from Alexandra again. By coincident or twist of fate, she found me again and scheduled a telephone healing. Her testimony followed.

"Thanks forever more for taking time with me once again. When you called to give the healing, I was in excruciating pain, not even able to stand up. I was crawling on the floor, and was in shock to find the pain gone in a few minutes, as you kept talking to me in soothing voice. I just couldn't believe it! It took me a couple of days to accept and realize I was free from all that pain and frustration. What nobody was able to restore, you did in only one telephone contact. Bless you for it always!"

Alexandra Belhazy,
Hobart, WA

WRIST AND SHOULDER RESTORED

Place of Light; I am writing in regards to the help Dr. Poe gave me. I heard of Dr. Poe six years ago and decided to get in touch. Last January I broke my left wrist. After months the pain in my fingers and shoulders hurt so bad, the shoulder the worst. I went to see Dr. Lori and explained what happened. The doctor said it would be another year before I would start feeling better and I worried I would get arthritis in my arm. When Dr. Lori touched me, I could feel the heat in my fingers were and throughout my body. The truth is, by the second day my fingers were so good, the pain was gone. In about a week my shoulder felt great. I have had no pain since then.

Last summer I did all my yard work and helped with the painting inside. My wrist, arm and shoulder are great!

May God give Dr. Poe strength to carry on!

Mrs. L.H., Ohio

INSTANT HEALING OF PAGET'S DISEASE LEUKEMIA AND HYPOPARATHYROIDISM

I had just finished a radio show on WSMB in New Orleans. Persons came from every direction, and a young woman called and asked to bring her parents for spiritual

healing. Her mother, Mrs. Starkey, was permanently disabled.

Since I had rented a small efficiency apartment for my temporary stay, I asked Mrs. Starkey to sit in a chair behind me while her husband received healing. The small room rapidly became supercharged with healing ardor. Mrs. Starkey could hardly walk or move her leg from the pain she had experienced for so long. She wore a heavy steel brace that was fastened to her leg from the ankle to the hip, which now flew up straight into the air, along with her hands and arms, as a result of the highly charged atmosphere. The Power of the Lord began to bring her healing into effect before it was her turn to sit in the chair. I could hardly believe my eyes.

Then it was her turn. Following inner directions, I reluctantly removed her brace, knowing a wrong move might injure her, even crumble the bone in her leg; but I trusted God fully.

With tongue in cheek and a whole lot of trust, I placed Mrs. Starkey's heavy steel brace on my primitive altar; when a strange feeling beset me, that this brace didn't belong to anyone I knew.

The moment I began to pray, her leg flew up again. Mrs. Starkey began to speak in tongues after which she seemingly entered a quiet, holy ecstasy.

I beheld a wondrous Light encircle her body. God had healed her instantly, totally. All pain had vanished. As before she had been given only a short time to live, now her life was just beginning. During her illness her strength had slowly ebbed away, but now she would even get up at night to iron. What's more, she stood on the tall ladder with her brand new leg, painting her house. The healing changed her face. She looked radiant and twenty years younger. How Great God is!

Mrs. Starkey received her healing in 1974. Six years later I called her to see how she was. "Oh, just fine, just fine", she happily answered, "the old brace is still stuck in the closet, I have never again used it. And to top it all, you called, and this is my birthday."

What I found so astonishing were the changes in Mrs. Starkey's face. Whereas before here features were drawn

from the pain, dry in a way and wrinkled, now her skin was youthful, radiant and healthy. The wrinkles had disappeared and she look three decades younger. The other day I compared the before-and-after-pictures, the contrast was pronounced! In her letter she wrote:

"I was struck with a pain in my right knee and leg. My doctor sent me to a specialist, who took X-rays and blood tests. One day he told me I had Paget's disease of the bone, he said I would have to give up my job and ordered a brace for my leg made of steel with orthopedic shoes! The brace fit from my hip down, he said I would have to wear for the rest of my life. One day my daughter listened to Dr. Lori Poe on the radio, she called and made an appointment for me. I went and was prayed for and healed. I felt God's presence and power, and knew I was healed and saved. I will praise God forever for sending me to Dr. Lori Poe, for I know through her he healed me. I do not have to wear the brace anymore and can walk without limping."

I. Starkey
Louisiana

To see a disabled person healthy and active again, to behold a frozen tree coming into bloom, the blind to see and the twisted made straight; or a person with total mental debility suddenly looking at you with clear eyes and speak rationally, able to go to work again after many years, yes, these are Miracles *beyond* miracles God only can grant. you recognize authenticity by the results.

As you use your Miracle Keys to Self-Healing, you will feel a rebirth in spirit and you shall find illness and unhappiness dissolve.

HEALING YOUR EYES

Your sight is precious! Techniques do not replace your medical doctor or optometrist. Techniques are only structures until you fill them with energy and move healing into action. But you can do much to alleviate pain and tension. Should your eyes be tired or painful, this technique will relax them and remove the strain. By the warmth you will feel

flowing from your hands you will know you can heal yourself and need no one to do it for you.

- Key 1. Sit still and relax, think of God's heavenly Light.
- Key 2. Take a cleansing breath, inhale with ease, and exhale stale air. As you inhale envision the healing Light entering your body and surrounding you. As you exhale feel and see the tension leaving your body.
- Key 3. Now *cup* your hands over your eyes, let them rest there for a moment.
- Key 4. Pull your cupped hands three inches away from your eyes, then put them back on.
- Key 5. Let your hands rest on your eyes and face for a moment, and envision the hollow between your hands and eyes filled with Light. Repeat this technique three times.
- Key 6. A wonderful warmth will cover your eyes and your face, you will know you are healing yourself.

Remember these simple steps: 1. First cup your hands over your eyes, envision the hollow filled with God's Light. 2. Then pull your hands three inches away. 3. Put them back on your eyes and let them rest on your face for a moment. you will feel the pain or tension gone. Repeat as needed.

Always *relax* your vision. Do not strain your eyes with *any* of my techniques. For best results speak my techniques into your tape recorder and play them back, guiding yourself through the methods.

HEARING RESTORED

"I wonder if you remember me! I came to you with my parents when I was seven years old. My mother had a healing. As we were ready to leave, my parents asked if you would touch me, as I suffered from a severe kidney ailment. You knelt down on the lawn, wrapped your arms around me and prayed. That was the end of my tragic kidney disease, I fully recovered.

Many years later I came to see you again. I was twenty years old at the time. I needed healing for deafness in one ear and partial deafness in the other. So I

am writing to tell you of the beautiful thing that happened to me a few days after my healing.

I was at my brother's house in the garage, when I started hearing a funny, whining noise from inside the house. Upon inquiring from my brother, I found out it was the television set. To me that was great, because it was for the first time in my life I had ever heard that noise! My hearing became stronger and clearer by the second and now I can hear as a normal person. Again, thank you very much!"

Love, J.M. Colorado

TWISTED KNEE MADE STRAIGHT

"I am writing this short note to let you know of my progress. My knee was twisted, nothing could be done. It was so bad doctors could not help with surgery. I have been disabled for years. After I came to see you, I now can walk without crutches or cane. The doctors are amazed to see me walking like a normal person. My leg was examined and X-rayed, there is no evidence of a twist in the knee, nor torn ligaments! My leg is perfect! May good health follow you wherever you go! God Bless You!"

H. Miller
Tennessee

HEALING OF VARICOS VEINS, NERVE ARTHRITIS

"I am writing to tell you how much you have helped with all my conditions. You don't know Dr. Lori, how thankful I am for the healing of varicos veins that have troubled me for years. For the last three years, once a week, I have gone to my surgeon for injections in both of my legs, but they didn't get any better.

I also doctored for nerve arthritis, and my left eye had a cataract, it would have to be removed next August. I had lots of pain in it. The cataract is gone! I had heard of you through my brother and sister-in-law from N.Y., you have helped them! My brother's legs were swollen twice their size and ulcerated, he couldn't wear shoes for over twenty years, until he came to you for healing, Dr. Lori, and for other matters too, that were taken care of! Within a few days

his legs went down to normal size, his legs and feet feel strong and good! My sister-in-law had bad back aches for years, she was completely healed.

Do you remember their big black dog Pepper? You gave him a healing too, The lump is gone, he runs without pain, and he no longer whines and whimpers with pain. The Vet examined him and also said Pepper no longer has arthritis!

God bless you, Dr. Lori, I will never forget what you have done for me!"

Love, Gertrude H., NY

HOW A HEALER FUNCTIONS

God is the Supreme Power, Its own channel through man. The Power which heals is neuter, neither feminine nor masculine and exists *beyond* the miraculous state. It is life itself, You exist because *It* is, without *It* would be no life and no healing.

Since It is already within you, you do not have to pray for It. Just know It is there and accept It as Truth. Yours is the power to make whole, to create, uncreate and recreate. Subconsciously you are using it every day. The essence of every spiritual work is Love. Love knows. Love claims no power. Now, the lesser aspects of power work with the higher and lower phases of psychic forces which seek to dominate and are loveless.

An individual surrendered to God has no desire to manipulate or influence, but works in the detached state. Detachment simply means *emotional* detachment from material life, which is developed through spiritual *being*. Detachment from desire in mind and spirit is also the way by which you detach the spirit from the body and attach it to the Lord. Then you begin to listen and understand from the soul, which leads to Divine Understanding and true vesselship.

If you would heal effectively, self-assurance must step aside to *Presence*. Too many "healers" who try to push God into everything forget he is already there. Individuals become corpulent because the *Me*-attitude of personal power keeps them hungry, fat and depleted. Self-importance is all the *Me*-attitude knows and apparent miracles turn barren. The energies of self-power and psychic manipulations eventually assail

the "channel" with inner and outer decay. Mental poisons must be moved out before healing can be harmless and benefit others.

Soul is the true disciple, the invisible tube through which the Giving Force flows to heal the sick. Since man is only the transmitter of Divine Power, how can It flow *from* him? Too often the emotionally drained grasp after the emotionally starved, which perpetuates misery and pain.

To heal yourself and others is simple: sit still and relax for a few moments. Attune to God. Wait until you feel the stream of Holy Spirit Power entering you, filling the soul. Then open your heart to It, feel surrounded by It, suffused by It, healing you. Accept it to be true and it is done. Always give thanks, Then go about your daily activities.

When healing others follow the same steps. Envision the person who requested the healing. Wait until the Holy Spirit enters you and release this stream of healing to them. No more is needed. Even though this may seem to you almost too simple, it is a potent, technique which works. Above all it is free of manipulation and personal force.

Some years ago I attended a meeting where two upcoming healers stood on the podium and declared they found a new method of healing they would share with the audience at a later date when they had it figured out.

Those remarkably gifted with healing take no thought and release to God. They were not chosen by God for this purpose; but have earned that state of consciousness and the Grace that make healing possible. Such individuals hold no stake in church, religion or fashionable creeds, nor in cults. Having experienced true selfhood, they have separated themselves from every shallow vow of faith.

Except if a condition is karmic — and who is to say, there is no illness a true vessel can't cure. If he or she has preferences of ailments to be healed, they still believe in two powers and you might prefer healing yourself.

"NOT BY POWER OR MIGHT . . ."

Now, the spectacle of some who claim to be *slain* in spirit is more often self-induced hysteria than anything divine, since the Holy Spirit is always in control and abhors display.

Craving personal exultation and attention, some clergymen, even push forcefully against a person's forehead to knock them down. I've experienced it.

Once a minister came quite a distance to be healed. After the session he told me I was devil obsessed and in need of the prayers of the "righteous"! A quick wink of his eyes and the woman he had brought with him stepped behind me — just in case I fell! As he pushed against my forehead with all the strength he could muster, I bore my feet into the rug not to let him do it, and he gave up the effort. On another occasion an ego wielder pushed me down so hard I cracked my head on the floor. Such is the practice of man "whose breath is in his nostrils"! It's funny now, and I grew wiser for it.

When you dwell on the formless, devoid of personage, you are in touch with the Power and limitless Love of God. What can be more complete? What else is needed? Once this connection is made, the Divine Self comes into full expression. It will require much of you, but will give you wholeness, abiding peace and joy, and impart to you Its secrets.

Of course there will always be someone around to "save your soul". When you ask them what Soul is, they cannot tell you. The way to God is an individual one. Anytime you have need to run competition, or to convert someone to your belief, you are not on the path to God, but on the high-pitch-frenzy of emotions and egotism seeking outlet.

Once I made clear to a good man: I'm not a christian, nor a "reverend", nor a spiritualist or psychic. I am a free soul, free from mortal beliefs. I go to the Power Itself. I don't need anyone to "get me there"! I am there! If your religion is true, it will sustain you with enlightenment and happiness in every way. And if it is true, why are you still seeking?

Receiving letters from all over the world, some who buy my book(s) think I go with it, and that I am therefore obliged to heal them! (It's funny in a way)! Compliments are always followed by requests and demands, even as donations exact favors and are seldom given from the heart. Individuals should understand I am no one's personal or social friend, no guru, mentor, private teacher or crutch. I teach through

my books, and heal as God wills. That's where it ends. All my work is done from a distance, worldwide.

Some "healers" bless and blast, and call God's Wonders "achievements!" There are nonesuch things! There is only God in action, His Love and Mercy, Spirit doing Its own work! Their somber statements and comatose efforts do no more than grind on people's nerves. They boast of "accomplishments" and with subtle threats point out how they brought others to their "demise". Such individuals are a fatal blend of piety and corruption!

He who sends out the blast, however far it may go, is responsible for it. It comes back in many guise, sometimes immediately, sometimes delayed. It is the heat of the delayed action that makes man think evil has descended on him, which is true, his own rancid energy returning. The same holds true for maligners, when misery besets them they wonder why! When you get evil out of yourself, you will have it out of your life.

You who are on the Holy Spirit path and live by Its Laws, have nothing to fear in life or in death. The Power will watch over you with profound protection and overshadow you every moment of your life.

CULTS

There are subtle methods of being roped in by wily "masters" and to become a pawn. One is *love*, because people seek love and to gain it some are willing to give up anything and sacrifice anyone, which leads to limitations, subjugation and mental ensnaresments to false doctrines; until they feel they are drowning in a sea of darkness and can no longer think for themselves.

Pseudo-masters, hirelings and would-be-masters who claim to guide seekers into the Light are worse than drugs and hypnosis. Their books promise to guide you into mastership, while their texts are borrowed from other illuminators and authors who, unlike them, replaced theory with practice and knew and *lived* what they were talking about.

People are readily influenced by picture images through inner channels to keep them down, until they feel they are

their own; usually these are accompanied by foreign feelings of many sorts. They then begin to live the mock-up of someone else's spirituality instead of their own experiences, thoughts and development. Beware of those who forbid you to pray — they petition God all day! What they serve up holds no truth. Indoctrinators are soft spoken and emotionally abusive in subtle ways. What you consider a privilege will become your nightmare. It's a real trip to the twilight zone.

The heights of vanity proves when mortals declare humanity can only come to God through them, or forever trod the way of the lost. Come out of the shadow, Beloved of God, come into the pure Light of the Father. All you need and need to know is *within you*, that is where God is met and your awakening takes place — and nowhere else. When you declare yourself free and act on it, you *will* be free.

YOU, THE SHINING VESSEL

You are the conduit of God through which the Radiant Force flows. A true servant is unassuming, but confident. Pretense and playacting have no part in the strong of the Light, which upsets many people who mistake them for being religious. By divine origin we are equal, by spiritual progression we are unequal. Those of you who have reached the high worlds of God through conscious separation from the body are superior to those who have not.

Some individuals feel their solicitations of the true devotee gives them the right to demand service at the snap of the finger and to be catered to, find themselves rudely awakened to the contrary, because the server obeys no one but the Inner Master. Though he serves man, he is not subservient to him. Silent demands and assaults directed to him mentally, verbally or psychic, swiftly rebound to the sender, who wonders what happened to him when he finds himself bombed and blitzed. The initiate's aura is strongly enforced by the energy of the Light, which repels every malignant vibration.

You are loved and protected, always, but the vow of service must not be taken lightly; for as you commit yourself to God, a beam of Light falls down from above and seals your

golden vow and promise. This also holds true to your everyday affairs. Whatever you promise man you promise God. But some promise more than they can fulfill or intent to deliver. When the gales of heaven test their strength they give up and rejoin the social arena. Betwixted and bedazzled, they lose all sense of loyalty. But the fact of the matter is, that it was not the path for them to take in their present lifetime.

Now, if your life is nicely arranged when you begin, you may be certain the Spirit of God will rearrange it to Its liking, without the promise of anything but Love. It's in humble service the true Lord of heaven is found and whatever task is set before you, it deserves your complete dedication and full commitment. Then you will see a purposeful life stretched out before you, that will continue after physical death. To be in love with God and life is a wonderful way to be!

CHAPTER FOUR

BEYOND MIRACLES

THE SECRET OF DIVINE HEALING

All you possess while on earth is the inner force, and this by virtue of the Inborn Self. If you would heal effectively, there must be a hook up to the Superior Force that sets healing into motion. This inner connection does not manifest to you through a mortal master, but through the Holy Spirit of God, which is the Connector and Awakener of Inner Power. There is no other Grantor.

Whether you follow a belief or have none, you may heal yourself. The power within you is either awakened or lies dormant, but once the Divine Current becomes reactivated and you obey Its Laws, there is no limit to the good it will produce through you.

Divine Healing has no psychic origin. It flows out of the Heart of God, from beyond the worlds and universes of action, and beyond the miraculous state, from the Highest, Purest Regions of Infinite Light, which gives life and form to everything.

Now, I always disliked the label "faith healer" or psychic — but that's how people saw me from their eye-level. I do not heal by faith, thine nor mine. Healing is distinctly an *Act of God*. If it depended on faith to heal, there would be no help for the faithless, and other life would be exempt from healing. The Secret of Divine Healing is *Self-Removal*, which should be the awareness of every spiritual practitioner. Moreover, we should realize there is a difference between feeling better and *having been healed*.

To heal others you must *want* to make whole, friend and foe alike. But selfless love cannot enter the heart until it has

awakened to God. I have known persons who could heal, but their energy was harsh, cold and loveless, because the Me-attitude of personal power is devoid of Divine Affection. Unless your attitude becomes impersonal, your works are harmful to others, since they are tinged with personal feelings, bias, likes, dislikes, pride and contempt.

There are persons who have never learned to heal, who are blessed with wondrous power. They never stop to think how it is done — they just do it. You need no spells or incantations, all you need is trust in God, a selfless heart and the willingness to place the need of others before your own.

There are guidelines all along the inner way. For example: when compassion overwhelms you, stop and wait. Unless asked, do not offer aid. Since each soul makes its own life, conditions are karmic and you would take on the uncomfortable energy. I used to want to rush out and heal all the world. When people cried, I cried with them. There for a while I turned from a rock into a sponge! And the Force stopped me. Zeal had to be moved out before I could become useful. Zealousness connects to pride, greed, show, vanity and in time anger — the passion by which the angels fell.

A conduit of the Power does not work with color therapy or psychic manipulations. The Vision is God, none other is needed. *It* is sufficient unto *Itself* in every cause. The Light flowing through you contains every color of the spectrum, what have carnal colors to do with *IT*? The effectiveness of healing depends on how well you remove yourself from the process, and, on how you use rightly or abuse the vital force in your practical life. One never heals with intensity of focus. There is nothing to focus on, except: '*Not mine, Father, but Thine Will be done!*' These are the rudiments of spiritual healing. For as the saying goes: "Power corrupts, and absolute power corrupts absolutely!"

Humble beginnings and inner experiences are necessary. They teach us we must first deal with our own unconscious forces before we can help others. Daily introspection, looking inward to the Source, manifests a calm, clear perspective that becomes part of your life and work. Self-control is the Dynamic Key. Sickness is the resurfacing energy of personal

errors that polluted the sacredness within us and seeks release through dis-ease.

In the beginning it is difficult to live the God-centered life. No more than you feel the solid anchor, someone or something will come along and do its best to pluck it up. When strong and prudent you will reach your goal. The price is high for loving God, but nothing compared to His deep Abiding Love, Unparalleled Care and Intense Protection. Yet some who claim to have found Him, continue to despise themselves and stand in verbal and silent judgment of others.

Only the Power *Itself* can make you feel warm, secure and truly happy, and only then will you know heaven on earth. Loving God and following His Light, you will find your life irrevocably changed and live to love God from then on. You *are* the power, the life, the soul, the spirit of the earth and the heavenly presence incarnated. Once you realize this, all things become possible.

THE WAY OF HEALING

Divine Healing purifies every cell and atom of your physical and spiritual being. It brings your whole form into wonderful alignment and harmony. It energizes, revitalizes, sweeps out the dross and readjusts the polarity and vibrations of the body. Since healing manifests on every level of consciousness, not only does sickness disappear, but also resentment and dislike for others.

Some come out of healing totally changed. How wonderful to see the Sun Rays of God streaming from their auras and the glow of Love shining from their faces!

Healing is experienced in subtle ways, in example: when a broken bone or cut heals, we say it is healed but give no thought to *how* it was restored, nor to the energy that did the mending. We were born of Divine Matrix, without its fluidic essences the tissues of the body could neither heal nor reproduce new cells. This is the Wonder of Divine Healing, the very life within us — that overcomes, eliminates and heals afflictions and obstructions. Impediments of body and mind stem from wrong thinking, or lack of spirituality altogether. Body and soul need the perpetual nourishment of Spirit.

Healing out-of-body is the better way, as healing by the laying on of hands you are within the person's aura and absorb the symptoms of the illness, which is most uncomfortable, though the sickness itself cannot affect you. At times I feel a person's pain as much as two days before their letter arrives. The moment I begin to read the letter the pain is gone and often the person is healed at that time, because God within us does the healing. There is never a promise that a person will be healed, never, for you cannot promise what is not yours to give. Moreover, it depends on more factors than can here be mentioned.

I used to lay my hands on open sores oozing with pus and blood, and inhale the smell of rotten flesh, until I found myself turning weak and learned the better way. This is not possible when healing out-of-body, and even there you must learn to let go. Your inner body is the body of God, there are no mistakes.

HEALING THROUGH LINES OF COMMUNICATION TELEPHONE HEALING

This is a fine way of healing out-of-body, most potent and wonderfully effective. Dynamic Keys to Self-Healing given to my Reader in this book, are safe, sane and effortless techniques by which it is accomplished. In every healing you begin from your center, where all is God and every space infilled with *Presence*.

Key 1. Wear loose clothing

Key 2. Take off your jewelry

Key 3. Forget the person, illness and your desire to heal. Instead fully believe you are the vessel, believe it with all your heart and claim no personal power.

Key 4. Do not work with intensity of focus, focus on God. Never work from your solar plexus, for you will end up drained. Work gently, detached, and release to God.

- Key 5. Take a shower before and *after* healing whether you need one or not. During the after-shower envision *Light* washing over you instead of water, this will cleanse the aura from debris and leave you refreshed and feeling well. This is also a great method to rejuvenate yourself when you feel tired or run down.
- Key 6. Keep your thoughts on God, by a feeling of diffusing warmth you will know the inner connection is made and you are ready to begin.

As you turn your attention to the person at the distance, in whatever town, state, country or continent he/she may be, an instant shift of consciousness occurs — and in less than a second you will be directly with that person, fully awake and aware of your surroundings. As you merely let the Golden Light flow, God will take care of the healing. As in Spirit there is no distance, you can heal others with or *without* the telephone. But should healing over lines of communication be more practical, here is what you do: for example, let's say a friend or stranger calls for your help, tell them the following:

- Key 1. "Sit still and relax, make yourself comfortable, be at ease." If the person is sick in bed, tell them to hold the receiver in one hand and let the other rest beside the body.
- Key 2. Since *You* are the one who is going to do the praying, tell your listener to empty his/her mind of all but God and not to pray or petition God, while you are giving the healing.
- Key 3. Now ask the person to envision whatever God is to them, seen or unseen, the Invisible Lord is everpresent.
- Key 4. Pray in your own words, short and to the point, forget the person and align yourself to the Light.
- Key 5. Now envision the Light enveloping you also, by now you will feel tremendous energies, do not direct them but see this effulgent flow go to the person at the distance, not through the telephone

line but through the ethers, at this point you will leave your body and be with the person. As you *think* yourself back you will reenter your physical form.

Key 6. Then calmly tell the person: "Slowly open your eyes." Remember the person has reached a heightened state of consciousness and must therefore reenter the body with ease. It's nothing you do, the person does it himself.

I caution you not to abuse your powers. The one in need may be receptive, but is under the full protection of God, and the Light will arrow your defiled energies back to you, causing you misery and grief. What you send out, returns, and it would do so with manifold strength.

WOMAN SAVED FROM SPINAL SURGERY

Again the phone rang to bring distant communications and healing for those across the miles. A concerned husband called to bring aid to his wife who was hospitalized at the time. I told him to go to the hospital and call me back from there. Healing began to take hold and this is her testimony of June 7, 1976:

If there should be anyone who casts a shadow of doubt on the fact that God is working modern day miracles through you, I stand ready to shout it from the rooftops that it is true as the day coming after night.

On the evening of December 13, 1975, my husband and I had just finished dining out at a restaurant. Having finished our evening meal, we were casually driving down the street when I decided to call by mother-in-law to spend the rest of the evening with us. We moved into a turning lane to stop at a phone booth, turned on the turn signal and waited for the oncoming traffic to pass. All at once we were rear ended by another vehicle by a driver who said he did not see us. Two thousand dollars of damage to our car and a serious whiplash for me were the result.

The following day pain started coming, increasing daily. I treated with the doctor for three months and whereas in the past he was able to relieve my misery,

this time his efforts were futile. He admitted defeat, and said I should see an orthopedic surgeon. I went under the care of a group of reputedly the finest orthopedic surgeons in the city, was hospitalized for three weeks and while there they called in the neurosurgeon. Released from the hospital, I was treated off and on to no avail.

Back to the hospital again I took a myelogram, that showed spurs and a pinched nerve in the cervical spine causing the pain to run from my neck down the arm. They gave me an EMG to confirm, and the findings were the same. I was told the only solution was an operation. . . .they proposed cutting open my throat all across in order to get to the spine and to use a piece of bone from my hip to fuse the vertebrae.

On Saturday morning my husband picked up a copy from *Midnight Magazine* and read about your success in healing. Grasping for straws we called you for help. As you know, you told my husband to have me call you directly from the hospital, which I did. After you prayed for me over the phone I felt an electric current pass through my whole body, and my pain was gone.

I left the hospital the next morning as though nothing had ever happened, but a pain returned into my arm, I called you again and the pain left again. My husband felt there was no use doing a healing by long distance, so we got in the car and drove to Cincinnati. Once you laid your hands on me I knew I was healed. The rest is history. The pain has not returned and I am back to normal and completely cured. You may use my letter as a testimonial. There are so many who desperately need your help. I love God, and God loves Lori Poe.

Affectionately
Mrs. E.D.P., Omaha, Nebraska

MEDICINE AND SPIRITUAL HEALING WORK TOGETHER

We gratefully acknowledge the gracious permission of Dr. Paul C. Alexander, B.S., M.D., former Assistant Professor of Cardio Pulmonary Medicine at Maharry Hubbard Medical Hospital, Nashville, Tenn. now in private practice in Nashville, Tennessee, to quote the following:

"You may use my name and statement of Mrs. Anne Mac Hamm. She was referred to me by another doctor, and was under my care at the Meharry Hubbard Hospital; for coronary due to hypertension, was obese for her height. With treatment she is now doing fine, blood pressure 122/70 weight down to 155 lb. I believe, medicine and spiritual healing work together."

In 1980, the following acknowledgement was received from the Chalmette Clinic, Inc., Of Chalmette, Louisiana.

Dear Dr. Poe:

You certainly may use my name and any cases that involve your work. The patients are thrilled with your wonderful healing abilities. The cases that you handled were beyond all medical hope and knowledge but, you were able to perform miracles. I think that you are a special person with exceptional God given talent. Use my name freely.

Sincerely,
J.O. Boyce, D.C.

JOB:mg

THE MIRACLE OF LIFE

By necessity, testimonies in this book had to be condensed, but sentences are original wordings of each author. The following was condensed from 15 pages and could not be reduced further as not reduced to lose any part of its vital message.

As My discerning Reader will recognize, out-of-body healing is incredibly effective. The following case presents a young woman who was healed on every level of consciousness, and, she received God's Greatest Miracle and Gift: *Life*. When she called for physical, spiritual and material healing, her deepest prayer was to *conceive*, hoping the Divine Creator would do the impossible and reverse damage to fruitfulness. I tried not to think of it, as not to block a blessing to such request and though to myself: "If it be Thy Will, Father, so let it be!" Which brought unexpected tears to my eyes and a rush of energy chilled me to the core, in seconds I was out of my body, and the soul opened to God. Since I knew nothing about her experience, the young woman will tell you about it first hand:

Dear Lori Poe: I give thanks to God for my healing. I am writing to tell you of my experience during my healing over the phone through you. During the first half of the healing I felt totally relaxed, free of all worries and trouble, at greater peace than I've ever known. Then I began to get warm, mostly in my legs at first and then throughout my body. Then I felt a light, gently movement go over my stomach, especially the lower abdominal parts of my stomach. As I thought upon God and Jesus's Glory my mind received images of peaceful events and a small image of a person with his arms stretched out towards the heavens.

After you told me to open my eyes and turn over on my back, I still could feel the gentle movement over my stomach. Then, this warm feeling of peace overcame me. I felt as though I was floating on top of water, flowing over waters of peace. I saw images of angels surroundings this Great Bright Light and I thought they were singing and clapping hands and went slowly around in a circle, then they got faster. This happened before the floating feeling came over me — I could only feel inner peace as if nothing could harm me. Shortly after I got up I still felt light for 15 minutes. Then this small sharp pain hit me in my lower stomach and I did as you told me — and I couldn't stop for a few minutes praising, crying and thanking God the Father.

Throughout the healing I saw you on and off. This was a great thing for me to experience, I thank God for your blessing and healing power. It was a great blessing entering my life. I thank God for Jesus for His loving Grace, amen, amen. I just can't praise Him enough, Dr. Poe, you are a blessing tool. Dr. Lori, I thank God for the dream of the Angel.

I called and three days later received your healing package, 3 weeks later my healing — 2 1/2 months later got the news of being healed of every sickness and disease, I saw the doctor today, the gallstones are gone, I found out there is nothing wrong with my bladder or kidneys, they couldn't understand how they could have made such mistakes in X-raying me! I was told the wonderful news that I have conceived and I am now 3 1/2 months pregnant. I thank God for His

Angelic Being "Michael", I will continue writing you of all future developments.

September 17, 1985 — Hello, Light of God, I'm very sorry for omitting the most valuable part of my healing. In August of 1982 at 7:45 AM, Dr. Kirkman performed an operation on me called tubal ligation, meaning the clipping, blocking, tying and burning off your fallopian tubes. This operation was done on both of my tubes, right and left one.

On the morning of August 20, 1981, my doctor came in my room in the hospital and stated that I would never have this problem again and laughed leaving the room. One thing I do know now — he was wrong, for now I'm 3 1/2 months pregnant and I am laughing, and when I told him he said impossible, I said possible! He asked to examine me and found I was. Also, during my healing I felt a touch going over my abdomen on each side of my navel and rip up and down my scar that I received from the operation. This tubal ligation supposed to have left me barren for life. But since your healing proved, I'm no longer barren. The doctor can't even find where my tubes were supposed to have been tied at, there is nothing but a scar on my stomach. I started getting sick to my stomach in early July, 1985.

On the 11th I went to the doctor. He sent me to the hospital for X-Rays, blood tests, urine tests and brainwave tests, they X-rayed my bladder, liver, heart, etc. All sickness they stated that I had in March were gone including the tying of both tubes. In July milk began to come from my breast. The doctor sent me back to the hospital again for ultrasound tests, this takes pictures of what's in your abdominal area. They found a small mass with a heart beat. They gave me a urine test it showed up negative, they gave medicine and asked me to return to the doctor in another month. I went to a new doctor he took his test and said: "I hope you don't mind the news I'm going to tell you" — I asked "what"? "You're going to have a baby!" He started to say something about the one out of a hundred people stuff, but in my case that was to have been very impossible to get pregnant, due to the blockage anyway.

I jumped off the table with joyful tears in my eyes and said thank you. Thank God for this blessing! He said he was very glad I was happy. My other doctor asked if I was going to sue him, I said "No, I asked for healing and God gave it to me through a beautiful lady of healing, now I'm holding the Miracle of miracles! Dr. Poe, this didn't take me three months or weeks or even years to see the Healing Power of God that dwells within you, but within just a few days I had conceived a child, I am very glad and so is my husband, Mr. James Benjamin Golden. We are both proud of this blessing. Thank you for my healing."

THE SPIRITUAL ASPECT OF HEALING

This is August 12, 1985 — Hello, Blessed One of God the Master, I have experienced much joy in my life since my healing. At times I have someone following me with Love and Protection. Many times I feel as if I could touch them if I looked around quick enough, but when I turn the feeling is still there but no one for my eyes to see. There are things I did in my life I didn't like, now I have no desire to do them again. I'm forever grateful for the Master's permission of choosing you to heal the souls and bodies of his people who were lost like me, that are seeking to do and know His Will. Thank you for all you've done for me in search of inner peace, you are a blessing to me.

Sometimes I get worried or even angry, I hear the sound of Music, I feel myself being filled with peace and joy. This Music is very calming, pleasing, It aids me daily. On August 11th, I was just lying down, reading your work, the book on "Journeys To Worlds Beyond," when my body felt very light, warm, as if someone or something was trying to come out of me and I got afraid, but since I spoke with you I know not to fear this, but just to let go and let whatever happens, happen! (this is in reference to leaving your body). Your books are very helpful to me and very comforting. When I first started reading "Dialogues With The Masters," I've now completed its reading, I thirsted and hungered for more until I finished reading it and still have the desire to read it over. Both books are great Guides. The messages I get from your books

seem and feel so real. I have different emotions at times. I want to cry, shout for joy, praise God, call you, run with excitement and much more!

Now when I pray I feel overjoyed glorified with grace. My life in all areas is getting better. There is so much I want to tell you but I don't have enough paper, it would be a book! I have truly found — and will forever hold on to this Blessed Light that shines so brightly within. Praise God forever more. Thank You! Forever smile, my true Friend I love you!

L.B. Sellers
Arkansas

This living Miracle of Life became full reality January 3, 1986, with the birth of a son, Michael Anthony Sellers, 7 lb. 6 oz., to Mr. and Mrs. James Benjamin Sellers.

A HEAVENLY WONDER

Healing across the miles I never meet petitioners. All the greater seems the Wonder when I receive a picture of a healthy baby that entered this world, in cases where conception was impossible.

In the case history of Mrs. John Palmieri, she arranged for a distant healing to be cured of Mayosacial pain syndrome, she received, but mainly to conceive another child which was impossible, since removing the mass of tumors from the womb would mean to remove the womb as well. But God deemed differently. Couple of months after her healing Mrs. Palmieri's testimony arrived.

"Dear Dr. Poe; You gave me a healing on July 24, 1986, my last monthly cycle was October 24, 1986. In early November not knowing I was pregnant I had a dream. But was it a dream? I saw you standing by my bed wearing a white robe and you said: "God bless the son she is about to have."

In early January 1987 I heard movement inside of me. For a 2 months pregnant woman to hear the baby move is unusual. My pregnancy was beautiful. I felt so good. Since the healing I had no more tumors, no more pain. Dr. Spector could not believe what happened and said: "How could you be pregnant?" and said it was a miracle!

It was on a hot July night when my son Vincent came into my room and said: "Mommy, Mommy, where is my brother? It's a boy!" I replied: "Vincent, you just had a dream, go back to sleep." "But Mommy", it's a boy, I know I saw Dr. Poe in a rainbow and she was coming into your room with the baby, it was bundled up in a blue blanket! Mommy, please, go downstairs and get the book, I will show you Dr. Poe — you know Mommy, she is the one who made my ears well!" (Vincent is 4 years old). I wanted another child more than anything and didn't care if it was a boy or girl.

Anthony was born August 3, 1987, 8 lb. 14 oz. 21 inches long and had his first tooth when he was four months old! He is beautiful and healthy. How could I have ever said: "God, where are you?" He is there, He is really in my heart. I have so much peace and harmony inside. My heart bubbles over with joy! You are a special soul, Dr. Poe, I wish the whole world would know the Love and Light you give to people and the peace you put into their hearts."

Maria Palmieri, L.I. N.Y.

HEALING FOR THE DYING LOSING ALL FEAR OF DEATH

The woman was near death, she had only weeks to live, perhaps days. her friend called in her behalf to set the appointment for telephone healing. Before I began, the woman expressed this was new to her, that she was apprehensive to say the least, and dreadfully afraid of dying as well. I comforted her, pointing out except for being the vessel I had little to do with the actual healing, and the Love of the Holy Spirit would receive her and surround her with protection; other than Love nothing would exist.

After the healing she slowly commented:

"When you began to pray peace came over me. I felt a great lifting, and my spirit walked on. I entered a beautiful sunlit place and felt so free! Then I approached a rainbow of many glistening colors, and heard angels singing. I sensed you were with me. Thereupon this beautiful light came towards me, I could feel its gentle undulations quicken me and suddenly I stood before my Heavenly Father.

As He stretched his hands out to me, I bowed my head and knelt before Him, and as I looked to the ground where I knelt, there were beautiful flowers of all sorts around me, turning their faces up to me as the say: "Welcome, we love you!" Then God my Father anointed my head and told me not to fear, that I had nothing to be afraid of. With this I felt great warmth throughout my whole body, and a love I never knew existed. Then I heard your voice and came back into my body. It was the most wonderful thing I ever experienced.

I am very thankful to you, Dr. Lori! As my sickness progressed I became more frightened of death by the day, and would feel clammy from fear, even at night when the medication worn off and I woke up. I have no pain and no longer fear dying. I am at peace. If this is death, it is wonderful! You have given me a great gift, Dr. Lori. Thank you!

R. Markovitz
Jerusalem, Israel

SEVERE PSORIASIS HEALED

A woman from Belfast asked for the telephone healing, but said she was apprehensive, distant healing was new to her. After the second part of the healing I asked what she felt. She replied: "My God, I thought I was dreaming! I entered this beautiful country, I felt very much at home and did not want to leave! And then I heard your voice, it brought me back. What an experience!" Two weeks later her letter arrived. She wrote:

"I had severe psoriasis and eczema for ten years, it did not come and go, it stayed! After the healing my skin was soft and clear, with no trace of scabbing or redness, the scars had dissappeared as well! During the healing I felt a warm, strong flush all over my body, as though I was being bathed in a warm liquid that tingled all through me and over my skin. Next thing I remembered was being out of my body. I am still in awe!"

Thank you Lori Poe, praise God!
M.S.
Ireland

A healing to Copenhagen. It was an equally strange experience to a dear man who told me: "I had a tremendous urge to fly, and suddenly I was flying! I was never so free, it felt so different and good! Then I re-entered my body and went right back out again, flying! I didn't want to come back from the light and scenery. Can I do this soon again? What a great thing to be free!"

Gratefully,
H.S.
Denmark

The following day I had a number of calls, people telling me I came into their dreams and healed them. A letter followed from a woman who wrote: "In my dream I brought you a boy, but I did not tell you it was my son. After you healed him, and there is no trace of the affliction now, you healed my womb. I felt the healing moving through my whole body, the pain has gone, I feel newborn! Thank you!"

Mrs. S.K.
Singapore

And so I believe when the day is done and we have nothing left to give, Spirit takes over, using our radiant Self to continue serving God in the dream state.

A HEALING EXPERIENCE

"As you started healing I saw a bright white light before me and a small outline of a person. I thought it was you. I raised my hands to welcome you, and was aware of everything, all noises, inside and outside of my place. My hands were hot and fingers pulsating with electricity, and two or three times I felt strong vibrations going through me. My memory was vivid.

When you asked me to turn on my stomach for the second half of the healing, I really felt your presence. My head was throbbing, but no pain, a lot of pressure on my shoulders and neck, also on my back; then electricity throughout my body. I saw the colors all inside of me.

Then I found myself in a peaceful place, in a garden of peace. Everything so vivid and true. I was a child catching a butterfly, and saw a deer looking at me. The

trees, plants and flowers were so beautiful and real. There was a bench for me to sit and meditate, and I found myself at home.

When the healing was finished and you spoke to me, I don't remember if I thanked you. My body felt heavy and groggy, but my spirit was in another dimension. I did not want to come back, because I felt like a feather — all light and puff like. I saw my spirit elongated, while light and serene, and so peaceful. But finally back in my body.

All afternoon I have felt so free, like a perfect feather. When I am in my persona I don't like that feeling, so, out I go, back to the peaceful feeling floating in space, into the Arms of God. I had to write this to thank you again.

The next day, around midnight while drifting into sleep, I saw a laser beam of light and felt tingling all over. I was happy to know you care for me and knew you were sending me healing. I could still smell the fragrance of roses in my room, that remained with me all day of the healing.

What mystical experience! When meditating on my Inner Teacher, I went to a place in the celestial, and there I was all dressed in white, in midst of a circle of beings. I prostrated in front of the illumination of white and golden light. I remember the being of light, but not the conversation. So much peace, serenity, divinity.

When ever you write your vibrations are strong and loving. I'm happy for days and experience wonderful things, and feel so good and confident. One day or so after receiving your short note, I felt this beautiful light of blue and violet colors leaving my heart in an arrow like light, and saw you at your desk and the light twinkled in your heart area, and you became filled with white light and I could not see you. Next thing I knew, I was back in my apartment. Did you feel that? All my beautiful colors of love to you!

My dear Lori of God, I send you my profound thanks and love!

Maria L. Angulo
California

CHAPTER FIVE

THE MIRACLE HEALING CLOTH

As Divine Healing secrets unfold before you, your energy becomes pure and bright. The Love in your heart will flow out to those in need, it will touch and bless all life and alleviate pain. Always remember: God is the Power, you can give it expression. Let these expressions enlarge through the Beauty and Love of the Holy Spirit.

Cease dwelling on how to *get things done*. Connect and begin to let the power flow. You can take a pure linen cloth, diffuse it with healing love and continue helping and sharing across the miles. The healing cloth must be quality, only God can give quality. Each cloth requires your complete dedication, love and devotedness to His Power. If you cannot find time, it is best left alone. Now, the receiver of the cloth may not always feel the healing warmth it contains, nevertheless results will manifest. For: "Not by power or might but by my spirit sayeth the Lord of hosts."

While making the healing cloth your thoughts dwell on God, nothing else is useful. As you tap the Power you manifest the effect of the Divine Cause. The Radiant Current avails Itself to receptive souls. Go to your center, attune, let go and let healing flow out.

I caution you *never* abuse your giftedness, not in the slightest way, and to degrade thereby the power Spirit entrusted to you. For I promise you it will turn on you without reservation and can destroy you mentally and physically. The power your healing cloth contains is *alive and real*. There is nothing God cannot heal. The following will prove it has been done and you can do the same.

HEALING OF THE HEART

Good news is always wonderfully uplifting. So was the following testimony

Dear Lori Poe:

I went into the hospital to have a goiter removed from my throat. The surgery went fine, but on the fourth day after my operation a bloodclot went to my heart and I suffered cardiac arrest.

The doctors administered C.P.R. and brought me back. The bad news the doctor told me that I had permanent heart damage, and would have to remain on medication for the rest of my life. Over a period of about four years I repeatedly suffered congested heart failure, three and four times each year. Since the doctors could not regulate my medication, they consulted and decided to implant a pace maker would be the answer.

I talked with Dr. Lori Poe. She offered healing prayers and made me a prayer-cloth. I pinned the healing cloth to my inner clothing and worn it constantly. After about three months I decided for no apparent reasons to quit the heart specialist and change medical doctors.

My new doctor put me in the hospital for a new physical profile. After all tests were completed, and although the previous sonograms proved heart damage, the new doctor found no damage to my heart. He told me my heart was totally well and strong and took me off all medications.

It has been three years now and my heart is fine. Through Dr. Poe's prayers and the blessed healing cloth she sent me, I am doing very well for a seventy-five year old. May the Blessings of Almighty God be with you.

Much thanks - Hazel Boyd,
Cincinnati, Ohio

THE HEALING OF "MUFFY"

One day, the dearest not arrived, the owner of a Cocker Spaniel wrote in its behalf:

Dear Dr. Poe; I'm over the sick spell I had a few weeks go. Now I cannot walk on my left hind leg. The vet

says I have torn ligaments in the knee part and I may have to surgery. I hope not. It pains a lot and I don't feel like playing. I guess I'm not very well for a little dog. This morning I can't walk at all. Thanks for thinking about me.

"Muffy"

I sent off a couple of healing cloths, directed the owner how to apply them and after a couple of weeks the following note arrived:

"Thank you so much for our healing cloths for Muffy and for me. Muffy is just fine. All at once her leg was healed. Muffy has more pep now than she had for a long time. She is taking a vitamin the Vet prescribed as you suggested.

Thank you for everything. I pray your work will help many.

L. Warren, Michigan

HEALING CLOTH RESTORES HEARING

In her very first letter to me, Mrs. John Palmieri requested a prayer cloth for herself and one for her son that would restore his hearing. She wrote:

"Dear Dr. Poe; My name is Maria. I'm an Italian girl. We spoke on the phone a week ago, it made me feel wonderful. After our conversation I had such lovely feeling. You may not believe it, but there was a flame in my heart and I was getting blessed while you spoke to me about the Light of God. Dr. Lori, my life is such a mess, I'm a bundly of nerves and angry a lot. But after talking to you I know I want to have a spiritual healing.

In the meantime I'm requesting a prayer cloth. I'm tired of seeing psychologists for my nerves. I want you to teach me of the Ways of God and hope you will instruct me. I finally learned the best Psychologist is God. Thank God for sending people like you to help somebody like me.

"I have a problem and I'm asking for help in this matter. My son Vincent, 4 years old, has been sick since he was 18 months old. He has allergies and is constantly sick with sore throat and earaches, because his adenoids and throat, even sleeping bothers him. I

went to see a specialist and took him to two other doctors both said, Vincent has to go to the hospital for his adenoids and to drain the fluid out of his ears, because his hearing is so bad. HO, Dr. Poe, I'm worried — this is my baby! Driving home from the doctor's office you came to mind. I got a strong feeling to ask you to help my son. I know you can! LOVE, Maria

"Vincent is doing much better, Well, today I'm going to tell you Vincent has no more hearing problems, and does not have to go to a special school. Today in the doctor's office, the doctor could not believe it! He gave him the test twice, Vincent's hearing is normal!

The doctor could not understand why I wanted him to put it in writing. . . . Thank you so much, thank you! Dr. Poe, my husband did not believe in spiritual healing. When I told him about Vincent, he was crying with happiness at the dinner table and now he believes! We are happy and thankful and pray God will give you the strength to keep up the miracles . . . they are miracles you do. With Love, Maria."

And this is how the doctor's statement reads: "Vincent Palmieri's hearing has improved. The hard of hearing level is completely normal." Signed: David A. Abraham, M.D., - Garden City, N.Y.

Which in itself was a miracle, for it takes a miracle to receive a written statement from a medical doctor where it concerns spiritual healing!

Not long thereafter, another surprising note arrived in Vincent's behalf. What joy it was to hear little Vincent traveled with me through Inner Kingdoms.

Wrote his mother:

"Vincent says he likes Dr. Poe, because she goes to Babies with Angels. "Mommy," he says, "you know, Dr. Poe flies like the birds, and, Mommy, how comes she is so shiney, you know, like the sun. . . . But Mommy, I like Dr. Poe, she doesn't hurt me when she looks down my throat. . . . Dr. Abraham hurts. . . ." This he told me this morning, Nov. 4th, 1986. Now Vincent sleeps all night. Since your first healing cloth, Vincent is always talking about angels. . . . Vincent has an imaginary friend. Imaginary to me, but very real to

him. His name is Mike. Mike tells him to share things with his sister and Mike wears a shining space suit!"

Thank God for You! LOVE - Maria Palmieri-

HEALING CLOTH BRINGS CHILD OUT OF COMA

"This is written to testify to your healing. On Christmas Eve, 1986, my five year old cousin Elizabeth went out with her Mom to sing carols. Driving home, Elizabeth's mother stopped at the intersection to look both ways. When the road seemed clear she pulled out, only to be struck in the passenger's side by a car driving without headlights! It was a dark and rainy night. Elizabeth pushed into the passenger's seat was unconscious on impact. She scored a 2 on the Cram's scale — as low as you can get near death. The paramedics worked tirelessly to revive her, but she had vomited. Inhalation caused severe blocking in her throat and she could barely breathe.

At the hospital Elizabeth remained unconscious and was put on a respirator. After exploratory surgery to determine internal damages, 75% of her spleen was removed. After the second day in the hospital, the doctor felt that by drilling a hole into her skull he could relieve the pressure in the cranium to avoid brain damage — hopefully. It was a nightmare to see this 5 year old baby comatose, attached to tubes and monitors. Everyone cried.

Until I called you, Dr. Poe, I felt the same way. You have such a gift. I can't explain it. I can only testify to what did occur. After you began to pray for Elizabeth the clouds began to clear. Elizabeth markedly improved. She moved her hands and began to wake up after being in a coma for nine days. We cried with joy. Our Elizabeth was on her way home.

Thank you for the healing cloth, thank you! When I opened the envelope I felt profound energy from the package. Personally, I felt calmness, centered and reassured of what I would do with my life. All I did was hold the sealed package you placed in the envelope. At the hospital I placed the healing cloth on Elizabeth as you instructed. Before the application of the healing

cloth Elizabeth could not speak. Later that same evening she softly spoke. This same evening she took her first steps and walked through the hospital corridors. Elizabeth experienced a total recovery.

Shortly thereafter she spoke of angels at her bedside. Because of you she is alive today. Presently she just finished the first grade year and is looking at a health, prosperous future. Thank you with all my heart. God bless your work.

Tracy McDermott, Ashley, PA.

HEALING OTHERS

In the revision of this book the technique to heal others by the 'laying on the hands' has been omitted; as previously said, to absorb morose energy can make you quite ill. When praying for others you must first obtain their permission, some people would rather stay sick, which is their divine right. While in prayer always remove yourself from the condition. If you prayed for the leg or hip but the pain originated in the nervous system, what has been gained? The principle point to remember is, that there is only *Divine Will* at work: "Not as I will, Father, but Thy Will be done."

To be a vessel is our only function, great wonders issue out of simplicity. As beneficial as creative visualization is in other matters, a healing treatment should be free of visualization if it is to be permanent. Now, you're going to encounter the faithful and doubters, but those you meet are placed before you for a purpose, we meet God in every form. And, while some persons may feel heat or coolness, perhaps receive a vision, others may experience nothing at all and be healed just the same.

I remember Mr. Clark, he did not believe in anything much, nor that another world existed. But after the healing he turned to his wife and said: "Well, I'll be. . . I saw and talked to Ed and Barney, they've gone on more than 50 years ago. They were so alive. . . !

Testimony to other miracle healings followed:

"There was a Light, and though I wanted to run away I couldn't resist the strange longing to soar into

it. It pulled me up like a magnet and then I realized my spirit had left my body. I saw and entered an array of multicolored lights and felt a joy I can't put into words. Then intense brightness surrounded me and that's all I remember until I heard your voice and opened my eyes."

L.G.
New Foundland

FEELING THE LOVE

"Dear Dr. Poe, you did a healing for me 2 months ago and sent me an extra large healing cloth. At first I felt tired and my back and neck did heal. Then when I meditated for the first time with your healing cloth, there was an incredible "washover" of love, for what I felt was the "Source" of us all. After that I felt as if the inside workings of my mind were unscrambled. . . although there was a block behind one eye that remained painful for awhile, further meditation cleared that away. Upon wearing the healing cloth day and night, I noticed waking up at night feeling I had received information, which I don't remember in the morning. But in a general way I know so much more. Thank you so much.

V.N., Ohio

"Your Miracle Cloth was marvelous, after two days of use the pains lessened and I felt better. After two weeks my lower back was completely restored. Thank you very much for everything, including the Miracle Cloth you sent to my son in France, he used it and was well rewarded.

God bless you forever! From my heart,

M.K. S'A
California

Letters and testimonies pour in from all over the world, few can be included in this writing, since space is limited. Wherever souls are, God is, and as you read on you may feel the Holy Spirit blessing you! Perhaps a pain vanish, illness disappear, energy restored, your relationship healed, or your finances replenished. I pray this is so.

POWER OF THE MIRACLE CLOTH BRINGS OVER ONE MILLION DOLLARS

"Dear Dr. Poe; With your help and healings I have made it through the most difficult times of my life, just talking to you on the telephone stabilized me. I used to be on drugs and couldn't hold a job and lived in government housing trying to survive on welfare and food stamps.

Your guidance was intense and insightful, your healings and healing cloth restored me to health and gave me deep peace. Thank you for encouraging me to go and sell real estate! I had no car, I hitchhiked, but I've seen it through!

I have made it from living in a mice infested apartment, with rats running through my clothes, without a car and little food for my babies, to purchasing my first double-block home. I live on one side and collect rent from the other. I feel peaceful, healthy and organized!

Since receiving your latest healing cloth, I am expecting a ton of money. I have eleven properties pending and just received an "Award for Consistent Above Average Production". In the last twelve weeks, I have racked up over \$1,200,000.00 in real estate sales, yes, One Million Two Hundred Thousand! This Friday they are all starting to close. I and my babies wouldn't have made it this far without you. THANK YOU!

I have the most beautiful children in the world. I think Chelsea is going to be a straight "A" honor student, and Eric will be a champion wrestler (he doesn't quit) and is behaving much better! Thanks again for all your help! THANK GOD!

Tracy M.
Larksville, Pennsylvania

BRONCHITIS AND PNEUMONIA HEALED

"Thank you a million times over for your wonderful healing cloth, and your beautiful letter. It came at an urgent time. I became very ill with pneumonia and bronchitis and cannot describe how very sick I was. I thought I was on my way home to my final resting place, but a voice said to me: 'Not yet child! When I opened my eyes I saw an angel standing before me, holding a long-stem rose. How long the angel was with

me I don't know, I was too sick to be aware of anything and too weak to go to the doctor. Here doctors don't visit poor patients. But I remembered your healing cloth I kept on me day and night. When I finally went to the doctor he asked how long I have been sick, I said ten days! He looked at me and said: "You are lucky to be alive!" He told me not to take the medicine and not to go out, but I had to go for groceries. I'm on my feet again, your healing cloth saved my life! I do not remember much, all I did was sleep!"

God's Blessings!
Brigitte N. VA

"Dr. Lori, thank you for the double portion of the healing cloth. I followed your directions as best I could, As I layed the healing cloth on my forehead I felt warmth, then on the inside of my garment on the solar plexus it became quite hot. I felt at ease and all my pains are gone. I keep wearing my prayer cloth. God bless you for caring and praying for me. Your books keep me spellbound!"

Love, Audrey S.
Nevada

"Dear Dr. Poe; Since I have read your book, my son-in-law paid for my car to be fixed, and my niece decided to pay off the 2nd mortgage she owes me!

May God bless you always!"
J.L. Maryland

"Since I had your blessings the inheritance matter is settled, the judge decided not to put me in jail, the inoperable tumor attached to my heart is gone, and money is beginning to flow! I shall never forget you!"

Love, Henry L.
Illinois

"Lori, the Miracle Cloth you sent me is almost beyond description as to what it did when I put it on. I laid it on my forehead and got a sensation beyond something so beautiful happened to all my senses, past electricity, beyond shock, yet so warm and penetrating. Through your Miracle Cloth you have renewed my whole being, you have given new meaning to the word *Life*! You have taken me beyond hope and reality to a rapture in the heavens, on earth and above. I hope you know

what I am trying to express, your voice, your being, healing, care, love, power, spirit, all thrust into my life. Thank you Lori for varied healing, comfort, fulfillment, and miracles beyond miracles in my life!"

Angel N.
Colorado

"On the initial action of applying the cloth in accord with your instructions, I saw a beautiful lady facing me, holding a chalice in her hands, and looking down into it; this was in lovely, sombre colour, and gradually faded away. This was followed by many figures moving about, basically blue in colour, but with distinct outlines — they were there alright, but I couldn't distinguish any features. Then came the final picture — which was a long table, with a number of men sitting around, one man with long dark hair in the centre of the picture, (perhaps the last supper?)

I had a peculiar experience, at approximately 10:00 p.m., Tuesday, the 23rd. My television set developed a fault quite recently, it registered the picture as a blue mass, making the detail faint. Well, whilst I was watching it at the forementioned time, (I had by the way dozed off) but suddenly awakened to a brilliant detailed, perfect picture. This phenomenon lasted for a few minutes, and then gently reverted to its former imperfect state. I had the feeling you were with me at that time. God bless you and keep you safe and happy!"

G.F.P.
England

"Dear Dr. Lori; I received your schedule of fees a day after you visited me in my dream. I want to thank you for the encouraging words you shared with me! May God continue to use you as His instrument!" Most sincerely,

F.E.
New Jersey

"Dear Lori; Now here is something! I wanted to mention when I unwrapped your package I not only found your letter, book and copies, but I felt your presence very distinctly, and I feel you are with me even today, and every time I think of you! All Love, everything good!"

Yours, Erhard C.
Australia

"Place Of Light; Several weeks ago I turned on my radio while I was in Gretna Parish jail. I hear a discussion going on concerning prayer, alcohol and drug abuse, Dr. Poe was on the panel. There was something unusual and different about Dr. Poe, even her tone of voice. My heart has a burning sensation while she spoke on the radio, I called in and ask for divine help through her prayers.

Two weeks after speaking with her I was released from jail, where I was due to stay for a long time. I have witnessed for myself that God is wonderful! I was able to keep all my properties, which were set to go up for auction in a few weeks, and I am a free man, ready to start living the life God intended for me! May God give you long life, Dr. Poe, to do His work helping others!

L. Edwards
Louisiana

"I am writing to tell you that I received your healing clothes for my grandmother and myself, and to thank you for them. It helped a lot. I had back pain that was really severe. As soon as I received my cloth I applied it following the instructions, the pain disappeared the next day.

My grandmother had pain in her hip and that also vanished. I still can't believe it! It's a great feeling to know God is with me. There was a time when I doubted it! Now I don't feel like I am left out of His favour anymore! I can't tell you how wonderful this is! Thank you!

C.R.
New Jersey

"Dear Dr. Lori; I wanted to thank you for delivering my baby during those troubled days. Marcus is acting like himself again! He stopped the incessant jumping and constant crying. After your Miracle Cloth arrived he stopped crying at night too. He is his old self again, thank God! I felt like some of this was an evil spirit on him. He was afraid of something! When I asked him where it hurt, he would say: "I don't know!" Thank you so much!

A.W.
Virginia

MIRACLE CLOTH EXPERIENCE

"I am writing for my mother. She received your healing cloth and used it at 3:00 p.m., She said when she put the cloth on her forehead she felt it get hot on her skin. She thought of God and saw a light like a cloud, and she felt cold chills go up and down her whole body, she felt the pain leave her body through her feet and she felt relaxed. When she first applied the cloth she was looking up a mountain and there were beautiful rock buildings, shining in colors of the rainbows. She said she felt so good and felt your presence, and felt she was being healed. She has worn your healing cloth day and night and feels so good with it. It calms her every time. When she has pain she puts her hand on it and says: "Thank you Father for my healing!"

When she went for her tests she said she felt your presence and felt no pain and relaxed. We all feel you near us in spirit. When she had her surgery and the cat scan showed up, the doctor was surprised there wasn't any more cancer, and he said nothing about any cancer in the right side of the colon where it originally had been.

Anyway, she said she felt your presence as she went into surgery and knew everything would be alright, and now, at 8:30 a.m., she feels your presence and chills going up and down her body. The doctor said to his surprise there wasn't any more cancer in her body, he had seen all around. She and I both felt your presence with us, and she felt you as they put her under for her surgery. My mother has been recuperating very rapidly, faster than they thought she would. She came home Thursday. Thank you Lori with all our heart for being in our lives, and warmth, love and light in your whole being.

B. Howard
Ohio

"Dear Dr. Lori; Thank you so very much for the Miracle Healing Cloth which I received a few days ago. As I put it on my forehead and concentrated on God, I felt a warmth throughout my body. I was also aware of a very bright white sunlight, a foot above my head, in which my God appeared in brilliant white raiment.

I could feel his energy pouring through me. I then drifted off into a very deep sleep, from which I remember nothing on awakening, except that the young woman with whom I wanted to be reconciled appeared in my dream, and initiated kissing me. I was not even thinking about her when I began to meditate. As I woke up I got the deep impression that I should write for further healing.

As I continue to wear the healing cloth, I feel general well-being. The warmth covers my body continuously, especially around my head. There is also extreme warmth around the hernia and already receding somewhat. So I am following the inner guidance and writing for your deeper healing. After the healing: the blood pressure is now fully under control as well as the prostate. All other making gradual progress. I have a much greater desire for meditation, as I feel I am on the brink of seeing brighter lights and meetings on inner planes.

Thank you for helping me pilot this boat through the rocky shoals through which it is passing now, but I see smooth sunlit waters ahead. Praise the Lord, and Glory to His Name! Yours lovingly in Him,

Z. Philips
California

"My life had been filled with emotional and physical pain. Four years ago when I asked God not to have me live here anymore, I nearly got my wish, and almost was killed in an automobile accident, when a truck ran a red light and hit my car broadside.

Fighting to get well and more pain than ever for the past four years, seemed to be a lost battle and arthritis began to set in. I seemed to be a burden to everyone, especially to my wife whom I love very much.

On November 15th, your book in hand, I lay on the sofa and closed my eyes. I saw a beautiful white light descending upon me, God's loving light. Immediately, my dog who was sleeping upstairs soundly, flew down the stairs running back and forth at what alert — he knew there was a presence itself! But nothing happened.

I went back upstairs and went to bed. Around 2:00 a.m., in the morning something woke me up — I was awake — my eyes closed, and as I rolled over on my

back to my right side, I felt as though a large weight was pulled out of my stomach navel area. I opened my eyes as a seering heat engulfed my entire body, and I could hardly believe my eyes.

Before me was a band of white lights encircling my bed, about three feet off the floor, and about two feet wide. There were hundreds of them shining like brilliant white diamonds. I watched for perhaps 15 minutes and when they disappeared, so did the heat, I fell into a very deep sleep, and when I woke up, I was totally free of all pain and have been so to this very moment.

Dr. Lori, want to ask — but all of my life I was led to believe I was not worthy enough to ask — so I suffered — deeply alone.

I am writing because I still want a personal healing appointment by phone from you. Today, Dec. 10, is my birthday — I am 52 years old and more alive than ever, thanks to you! And bless your teachings! The keys are faith and having the courage to ask!

I am a Reiki Master. Throughout my life, a very old soul. Dr. Lori, I know I have always known you — an angel in physical form here and now. You have taught me I was to heal myself — to make the future possible for many people. Whatever you would deem advisable will be of great value to me. You see, you have given me a great gift — I am no longer afraid, nor feel myself unworthy to ask. Blessings to you, Dr. Lori.

Richard James Biedermann
New Jersey

And so, hands and hearts reach out across the miles, while mine lift up their needs to God, into the Ineffable, Supreme Love, that never fails to speak to each heart: *"Come to Me, I love you, I will heal you! I will teach you the Way, My Law, and make you whole!"*

"Dear Dr. Poe; Thank you so much for the blessed healing cloth! During the healing I felt normal. After the healing my body felt real good, just wonderful all over. So I took a short nap. When I woke up, the pains had ceased from an inflamed varicose vein. Three days later all the lumps were gone from my leg.

The healing cloth really works. God bless your work. I always wear the healing cloth in a cloth bag on my chest. Now I feel stronger, more alert, and I also feel the Presence within. Thank you again for everything. May God bless you! With Love and Light,"

Cyril
Canada

"Blessed Dr. Lori; I applied your healing cloth before I went to bed, then a stream of great warmth entered my body. It was so strong it warmed my feet. The warmth spread through my chest, into my arms and fingertips, and ran down my spine.

Then I saw a beautiful golden light, and I felt a love I have never known before. I felt intense heat throughout, It became beyond endurance, and I got out of bed and walked the floor. When it lessened I laid back down and became very relaxed.

I then saw the beautiful face of a man, his eyes were very blue and full of love, his hair was white, and there was a golden cast around his head, like a halo. It lasted only seconds, then it was gone and I fell sound asleep.

When I woke up all of my pains were gone. I soon will be 101 years old, in June, and I am so glad my son insisted I should write to you. I suffered from arthritis for more years than I can remember! My limbs are agile now and I can flex my fingers and pick things up without pain. I walk nearly as good as a young person, even my expanded bones are receding!

The cane I have belonged to my grandmother. It stands in the corner and looks like a relic! But it reminds me to always be grateful for what God has done for me through you. My blessings will be with you for as long as I live, and eternally!

Abdullah G.
United Arab Emirates

"On receiving the "Miracle Cloth" I did as you instructed. The reaction was as if I could feel several electric shocks around my head. I then felt a surge of warmth through the whole of my body, finishing at my

feet which throbbed violently — a truly wonderful experience, an unforgettable one! I am deeply grateful!"

R.O.R.
England

Sometimes verifications of healing arrive many months later, years, combining the results of direct healings and restorations through the Miracle Cloth.

A SPIRITUAL EXPERIENCE MIRACLE CLOTH HEALS BACK INJURY

"Before I recall the healings, I would like to relate a dream that happened two full weeks before I got in touch with you. While dreaming, I was suspended in mid-air, standing next to a lady who was showing me a large temple like fortress. I wanted to go in, but she told me I could come back anytime.

I received my information packet and realized it was Dr. Poe that was in the dream. Later, through studies, I learned I was visiting the Temples of Golden Wisdom. It was to be the first of many such visits to Inner Planes during the dream state.

The healings I have received have changed my life many times over. I can recall my first healing, first the prayer, and the energy that flowed into my body, filling me with peace seldom known.

It had been a week since the healing, I had just gone out for breakfast and a little stroll, when I decided to lay down for a nap. The next thing I remember was a golden light coming straight towards my head. The light was so bright I could not take it, and it left, leaving me feeling like I had slept for 100 years. Seeing the Light of God was my true spiritual beginning.

I have used your healing clothe regularly since my spiritual awakening, sometimes for energy, sometimes to keep negativity at bay, and for healing. One of the most dramatic healing occurred when I had a very bad back, and I ordered another healing cloth. I opened the envelope and set the cloth on my lap, wanting to read the letter, and all of a sudden my hip jerked into place! Well, I don't mind telling you how surprised I was, but I have since learned the power of God is

boundless in its ability to change and restore the body to perfect health.

I thank you Dr. Poe, for your endless devotion to God, and for your professionalism in the spiritual work.

Ed Bonser

Denver, Colorado

"Dear Dr. Lori Poe; Thank you for the healing cloth, it meant so much to me. Dr. Poe, everything you told me I do, it is a wonderful experience for me and a great healing.

When I placed the healing cloth on my head, the soles of my feet became so hot I almost could not bear the heat, also the palms of my hands, my whole body feels renewed and so fresh.

I also had a vision of a saint, who gave me a plant, and said to me it will make me be twenty years younger, and I found that plant, it is a wild weed! Thank you much, so much! The Blessing of God is with you!"

Yvan Pogson

St. Thomas, U.S. Virgin Islands

The Holy Spirit heals as *It* will! Sometimes all at once, other times along the way, occasionally not at all, when a condition is karmic and may be destined to run its course. When it is over, healing takes place.

But you cannot come into the Presence of God and not receive in some inner way. The vessel does not tell the Power what to do! Your only function is to take the need to God and leave it there, and to make yourself receptive to the radiant, inflowing Force. Let *It* use you, let *It* flow through you, let it be, and leave the results to God. It's that simple.

INNER HEALING

Inner healing is the nebula of restoration, and more important than physical healing, without it healing does not take place. It heals the inner being and brings body, mind and spirit into balance, before it affects a cure in the physical form. This is why it is called *spiritual* healing. At times wholeness manifests on inner and outer levels all at once, other times gradually. Not all who ask are healed. Individuals are healed when their karma allows. God decides, and only God.

"Dear Dr. Poe; You sent healing to me in July. Now, what was fascinating to me were a few things that happened on the same night after I received your healing. Firstly, I had a dream which told me that my "future dreams" would even be clearer and that I would have stronger manifestations of Cosmos.

I also had a dream vision of a white paper being torn to pieces, as if ready for the dust bin or garbage, as you say in America. I understood something had come to an end, or old things are being done away with.

Then I woke up to a sudden noise, a thug sound of a Heavy Foot came through the roof and landed in my house. My thought were: *GOD'S Foot, GOD'S Force!* I was not afraid or surprised and went back to sleep.

The following night I woke up from my sleep feeling very, very clean inwardly, I cannot describe this beautiful feeling of cleanness inside my body. I felt so good. I fell asleep again and woke up two hours later with wonderful clean feeling.

I wanted to get up and look outside the window to see if the world was as clean as I felt. But I was too tired and sleep took over. In the morning when I woke up again this lovely feeling had gone to my dismay. I wanted it so much to stay. I wonder if this was what it feels like to be in Heaven, and will this feeling ever come back again.

Thank you for sending me your book "Dynamic Keys To Self-Healing", it answered many questions for me and I feel great warmth when I read your words. I may not have been healed immediately, but I was most certainly lifted higher spiritually than I had ever been before. I am most grateful to you, Dr. Lori, may God give you all the blessings you deserve.

Now I would like to close thinking warmly in my heart of you and your words from "Dynamic Keys"

"Hold fast to Love

Hold fast to Truth and know beyond each
veil of tears shines the Light that will
fragment every shadow. . . ."

I think this is so beautiful. I wish that everyone could read these worlds! All very best, in Love and Light."

B.B.
Germany

BLOCKAGE REMOVED FROM ARTERY

I take my work very seriously, but sometimes it can be funny too, because people have their own ideas what I should or should not do for them!

An anxious knocking on my door. I looked who it could be at that late hour, the face was unfamiliar, a distraught woman blurting out:

"Dr. Lori, I need a miracle and I need it *now!*" I was stunned and replied,

"I guess you didn't read the "Do not disturb" sign on my door? And who would you be?"

"I'm Rachel, I heard about you and I need a miracle *now!*"

"I'm sorry, I don't make miracles! Haven't you talked to your Heavenly Father? He is the same as mine and he hears you as good as He does me!" I frowned.

"But you don't understand, Dr. Lori, I need a miracle by tomorrow morning at 10:00 a.m., I have a blocked artery in my neck and if the clots aren't gone by 10:00 a.m., when the nurse takes my pressure, I have to go in for a second by-pass operation! Won't you help me? Can you at least bless me and anoint me?"

I replied: "I no longer touch people!" but seeing how distressed and frightened the woman was, I followed through.

"Do you feel better now?"

Rachel: "Some, I am really warm right now, but I want you to give me a healing!"

"At this hour? What do you think I've just done! I just finished a 16 hour day and don't think I would be of much help!" But she persisted.

"Now, Miss Rachel, why don't you go home, go to bed and relax, I will give you a healing on the telephone and do my best!"

"That may not work, Dr. Lori!" Rachel replied anxiously.

"Maybe not! You have two choices, right? You can go home and talk to God yourself, or you can have the healing. If you don't answer the phone when I call, that will be your choice, maybe God's will!"

Rachel left tearfully and discouraged. When I called her I dearly hoped God would grant her the miracle she so badly wanted — and needed.

After the healing she told me how much she felt God's Blessings and added:

"Oh, Dr. Lori, this was the most wonderful experience of my life! I felt myself floating and lifting, where to I didn't know and wasn't a bit concerned. I was totally blissful, running and drifting it seemed, running like a child. Everything around me was light and bright and it got brighter, until I felt immersed in that light, and heard this beautiful music.

Then I saw a big heart, it was pulsating by the rhythm of the music I heard, and I thought to myself: 'I wish my heart would beat like this!' and when I thought it, I felt a slight sting on my neck and brushed my hand over it, because I surmised maybe among all those tall flowers on the grass, I may have been stung by a bug!

Then I approached a golden light and felt myself floating into it, and everything was golden and I could breathe with ease as never before. The air was filled with love, so much love! I got really sleepy and felt myself floating in the golden light. Next thing I knew, I heard your voice and woke up!"

A week later her note arrived: "Dear Dr. Lori, thank you for attending me in my time of great need. As I told you, I went to the doctor's office at 10:00 a.m., the nurse took the pressure on both sides of my neck and was astonished it was normal. She said: 'What happened? What did you do?' I did as you told me, that in case it worked not to say anything.

Then the doctor looked me over, but just to be sure he sent me for a cat scan. The clots in my neck are gone, my heart rate is normal, and some other things I didn't tell you about were taken care of too. I did not need the operation.

You will never know how much your help meant to me. I also want to get your healing cloth as soon as I can. My love and gratitude forever!

Rachel W.
Ohio

CHAPTER SIX

DYNAMIC KEYS TO RECHARGING BODY AND MIND

Self-healing techniques given throughout this book are effective and work, because they did not come out of someone's book or mind, but from the Spirit *within*. Even very stubborn discomforts can be directly alleviated. Constantly moving light rays that undulate throughout the earth atmosphere and your inner worlds, and the pranic energy within every atom and molecule of the air, perform unfailing wonders.

I have seen a great number of persons healed of incurable ailments, who, years later expired from an altogether different cause. In the case of W. Garrett, who shuffled along on cumbersome crutches, until healing restored his spine and legs, life was prolonged for over nine healthy, happy, productive years. When he translated, he sat at the kitchen table, closed his eyes and was gone.

I mentioned my healing methods to a lady who called for help and described her disheartening condition. During each menstrual cycle a cell would loosen from her female organs and go to her left lung, which kept her apprehensive from month to month. I told her to apply my healing method faithfully, if it did not work, she could still come to see me. Before long she called to cancel her appointment. The technique for the bedridden (in this chapter) worked and she healed herself.

Some schools of thought teach denial of pain, but you cannot deny what you feel. It bears repeating: permanent cures are not affected by mind over matter, but by Spirit diffusing the organism. Since the Spirit within does the work,

it makes no difference whether you envision the Light healing you, or you mentally bathe in it, make believe you're drinking it out of a cup, or whether you believe or disbelieve it will work for you, because the *Essence* of the Power does the healing. A technique is a mode that aids your attunement and nothing more. The Father heals when the time is ripe and not before, but since you live in His Omnipresence, healing can occur anytime.

Now, instead of running to the Father for every trifle, we should learn to heal ourself through the power within us. During self-healing treatments emphasis should be on *letting go*. I remember times when I was so tired from healing so much I just stood there with my eyes half closed, but I stood — my heart fixed on God. It seemed at such occasions wonders beyond belief would manifest, because I was finally out of the way.

ENERGY AND POWER KEYS TO EFFECTIVE SELF-HEALING

Key 1. Choose a restful place where no one can disturb you. Seat yourself comfortably in a chair, sit very still, upright, but not stiff. Let your hands rest in your lap.

Key 2. Close your eyes, breathe normally, consciously *inhale* the Breath of God, breathe from the soul, for His Light is within you, all around you; its ribbon-shaped energy begins to flow through you, filling every cavity of your body. Now *exhale*. Consciously expel stale air, and along with the breath all pain; see the pain flowing out of you. Breathe normally, without strain. Take three more cleansing breath, each time you indraw greater Light you expel illness. Let the tension flow out of you. . . .

Key 3. See this wonderful effulgence sweeping again through your physical form, see it washing away pain and illness, carrying it off through your feet, dissipating into the nothingness from which it came.

Key 4. Envision the flow of Healing Light forming into a circular radiance within your forehead, seen or unseen it is always there; soft and golden white it shines through your being. Now place your hand on the afflicted part of your body and see this wondrous Light dissolve — move through your head into your shoulder, down your arms, through your hands into the unhealthy area of your body. Place your hand on the affliction, let it rest there for a few moments and you will feel great warmth. Now see the Healing Light flow back upward to your head, receding into spiritual ethers. Relax and slowly open your eyes.

As you repeatedly place yourself in this self-healing posture, you will know it works by the warmth, heat or tingles running through you and of course by losing all sense of pain.

You can use a shorter technique; simply become comfortable, relaxed, and place yourself into a circle of Golden Light. Then place your hand on the afflicted part and release your thoughts to God. Feel the healing warmth entering you. . . . rest in His Love. . . . then see the Golden Light receding into Its own silence. Do not pray during these moments, words distract. Just relax, let God take care of you.

STREAMS OF LIGHT THAT HEAL THE BEDRIDDEN

For those who cannot get out-of-bed for a time, new life and strength shall be the result by using the following technique.

Key 1. Make sure you are undisturbed, otherwise give yourself this healing in the morning or before going to bed at night.

Key 2. Lie on your bed with no more than a pillow, preferably none. Close your eyes, become relaxed, envision a great healing Light shining down on you, pouring its streams of wonderful warm rays over your whole body. Feel as though you are lying under a huge sun lamp. See restoring healing energies penetrating the pores of your skin and

entering your body. Feel yourself becoming one with the Light as it seeps into your muscles and bones, strengthening you. It is soothing your nervous system, calming the ever-shifting currents of your mind in Its living embrace. You are the essence of Love and Light — completely submerged in Its loving Power.

Key 3. Now that you are bathed in Light, place your hand on the affected area of your body and God will restore it without your direction. Should you have a bedsore anywhere, place your hand on it and the abrasion will be healed or closed up by morning, should you practice this technique at night.

Key 4. See the luminous formation recede from your body, leaving a halo of golden white Light around your physical form, it will protect you always. Open your eyes and say a few words of gratitude in acceptance of your healing.

During hectic times unwell feelings can come about quickly. The next technique is a real lifesaver. When you are away from home, feeling out-of-sorts and wonder how you will make it back, you can bring body, mind and spirit right back into balance. Imagine that you no longer have to excuse yourself from your job to go home and fall into bed, or that you don't have to leave your friends while dining out, attending a celebration or business venture.

THE SELF-HEALING TECHNIQUE THAT WORKS ANYPLACE, ANYWHERE

Should you be in a public place or at work in need of immediate healing, this is what you will do:

Key 1. Step out for a moment for a breath of fresh air, or stand by a window. Look up to the sky; since you know the Light of Spirit is *within* the air, you now envision its life-giving atoms flowing toward you, entering your body and spontaneously nourishing and replenishing your system.

Key 2. As you inhale the shining atoms of life, you draw them into your lungs, see them entering through your skin, until you feel flooded with well-being. Now stretch your arms, flex your limbs and enjoy the instant rejuvenation this self-healing technique brings. It takes only a few moments and works anytime, anywhere.

Ill feelings are the absence of vital energy. By refueling your body with new life you will feel stronger and healthier than ever before. Self-healing as described in this book energizes and restores body and mind. Even though you are healthy, the body gets tired and needs continued fuel to keep it in good running order.

MAN'S LEG LENGTHENED MIRACULOUSLY

Mr. R. Johnson came from California to be healed. He was a nice old gentleman with a sparkle in his eyes, who sought help because one leg was three inches shorter than the other, which caused him considerable discomfort, and his eye needed attention as well. When he left I watched him running down three flights of steps like a young man, the cane hanging over his arm. My heart leaped with joy! Shortly thereafter came a note:

"Dear Dr. Lori; Bless you! My legs are the same length, but I thought you could have healed my one eye!"

I chuckled with exceeding gladness that at least now he could walk in strength, having his legs so well-restored in the autumn of life. God knows best why a partial healing takes place, or why another may not be healed at all.

The ailments of our time are brought on for the same reasons that plagued our ancestors. Unclean thinking, uncharitable motives, self-hate and the energy of greed, bring the body to suffer. But whatever the disease may be, you can make it better, you can heal your life and yourself. To you who suffer arthritic pain, know you can banish the misery of this crippling, debilitating disease. And you *can* begin right now. Why suffer when you may be free?

HOW I HEALED MYSELF OF ARTHRITIS BY A MATTER OF ACCEPTANCE

Acceptance means "to receive or take something offered".
(Webster)

If we would laugh at our littleness and irritating thoughts and say: "God, inspite of it all I *want* to be healed!" — healing would take place. I know it, it worked for me and it will work for *You*!

There were times I would think: "What's the use!" I came home from church with less hope than I brought in, suffering seemed the only solution. My hand red and knobby, hurt painfully from arthritis, and since it caused my feet to expand, new shoes were never wide enough. So I took a knife and cut slits into each side, wore sandals or walked barefoot, but my feet still hurt. Bursitis at its worst accompanied the arthritic condition, so I used a thin wire which I hooked into the latch of the zipper to pull it to the top of my dress. In the morning I felt like a pretzel crawling out of bed. It was a dilemma. Since the preacher said I was being punished, I decided to cease complaining and said: "God, thank you for my pain" — acceptance seemed the most sensible solution; but the pain persisted.

So I thought to myself there must be a way out of this hurt. I sat in self-pity and blamed everyone but myself for the misery. Through the bitterness a light dawned to correct my thinking and at this point I was ready to try just about anything. It was a hard cleaning up process. First of all I had to forgive others, as well as myself, and adopt a way of higher thought. The pain began to lessen, but not enough. So I dropped back into my old pattern: "Thank You God for hands and feet, thank you for the pain that is healing me now," - while staring at my swollen, aching joints that looked like they were ready to pop out of the skin.

Only this time, and by natural instinct, I would stroke my fingers over the knuckles of my feet, and alternated doing so over my hands; from the wrist downward, from the ankle toward the toes and *past* them. I no longer asked to be healed, but accepting my fate I would say: "Thank You for this healing" And lo, the pain began to lessen, the redness

began to diminish. So I tried the procedure on my aching body, raising my hands about my head as best I could, brushing outwardly downward in long, rapid strokes; visualizing every pain leaving my body, flowing into the ground.

The arthritis left within two months and never returned. Slowly the knuckles receded and I've been a healthy person for many years. It worked for me and it *will* work for *You*! You are the generator of wondrous healing power. As you practice the technique to follow, you shall feel the Power of God healing you.

- Key 1. Be seated in your chair, in a quiet place where you may be undisturbed. Close your eyes for a moment and repeat these words: "Lord, in all my ways I acknowledge Thee!"
- Key 2. Envision an aura of bluish-white Light surrounding you, then filling your being with its healing essence, filling your arms, flowing into your fingertips and out of them, into your shoulders, spine, ribs, hips, legs and feet, and out of them.
- Key 3. Put your left hand on your chest. With your right hand brush downward, without touching your body, a couple of inches away; do so over your whole body, always brushing downward and out. Now change hands and proceed brushing with your left hand over your right wrist and then over your whole body. It's very easy and simple to do.
- Key 4. Either bend down or pull your left foot up. If this is not possible sit up in bed, and with your *right* hand, again an inch away from the flesh, brush over the left ankle downward over the tips of your toes and out, seeing the pain vanish into nothingness. Then use your *left* hand for the other foot in the same way. Working on each limb you speak out loud: "Thank You, Father for my healing". Accept it, believe it, trust! and it will be done. Be patient with yourself.

Now I can hear you saying: "Lori, my pain is in the knee, elbow or neck. If so, just take limb by limb, always brushing

downward, away from the body and out. Some persons suffering from arthritis cannot get out-of-bed, or maybe in a wheelchair. Your position does not matter. When self-healing is patiently applied, it will restore your body and limbs to flexibility and new health and your mind to peace.

Should your pain get a little worse or you feel a sting, tingling sensation or all-diffusing heat, it will leave. Your healing is working.

Healing energies are electrical vibrations. God is Energy, you are energy, and only energy can heal you. The power of all healing is *within You!* Above all, you must *want* to get well.

Whether healing others or self-healing, the Supreme Power is the only agent, therefore some are healed while others are not.

Wrote a man from Florida: "I've already received the healing of my knee while reading the book!" I am sure other blessings will manifest in his life as well. Soon another reader wrote:

"Dear Dr. Poe; I just wanted to tell you how wonderful your book is. I have been applying some of your techniques to my life for the past several months. I am 38 years old and have had osteo-arthritis.

I had a bone spur that was pinching a nerve. The bone spur was on my lower back due to the arthritis. I have received a healing with the first time I used your technique. I was already scheduled to see an orthopedic surgeon to remove the spur from my back. I have not needed surgery, which surprised my doctors.

Up until the time I started using your techniques my life was a mess. I was in so much pain and suffering I even considered suicide, just to end this misery. My financial situation was terrible. With all my doctors, and days off work, it was a mess. My financial picture has changed dramatically! I have received a pay increase, and moved into a brand new double-wide mobile home. My health has improved tremendously. I am finally enjoying my life. Your book gave me hope to go on living, transforming my life. People who have known me, who have seen how bad I was from arthritis, want to know what happened to make me so much

better. I have encouraged them to apply your teachings to their lives.

I know I would already have had back surgery to remove the bone spur and pinched nerve. I have not seen my arthritis specialist in over ten months! My back is healed of the bone spur; I have stopped all medications I had been taken for so long. Family and friends are amazed at how wonderful I am feeling and looking.

I made a prayer cloth for my husband, who travels with his job all summer; home only on weekends. He called to tell me that he will be getting a 6% raise in July and another 3% later on this summer! See how wonderful my life has become through your teachings. I can never thank you enough for your great book.

Thank you for choosing my testimonial for your book, and thank you for the personal blessing you put into my note.

Love, Marbella Martinez
New Mexico

Over many years of spiritual practice, the average of recovery has been a healthy 97%. When healing does not take place, persons should ask themselves: "Do I *want* to be healed? Or do I feel guilt, unworthiness and want to suffer? Some do you know!

Now, since we live under Grace, we cannot label conditions to be lingering or incurable. A person may suffer for many years and suddenly find himself healed during a mid-point in life. Since healing takes place on conscious and unconscious levels, it can in rare cases take as long as two month before healing is realized in the physical form.

There are persons who have an overwhelming need to be catered to and cared for, who use their illness to inflict themselves on others, by planting guilt trips on them and tearful nervous breakdowns, to protect their selfish little strip of life.

Since need is a strong emotion, to remain helpless grants them a sheltered environment and the care of others — who live in hell. Until tired of being maneuvered around and victimized, they pack the griper off to a place for the peculiar, or to a nursing home; which blocks healing for both parties

for a time. You cannot confine a person into a corner and not linger there with them.

When healing does not take place, pain often bears a benediction, for it purifies and encourages the person to learn patience, compassion, to love — and to look at life through clearer eyes. By and by, persons tend to grow more humble.

Some others fear to die so desperately, they seek to inject their personality into anyone around, who would submit to their domineering, but even physical death is *healing*. And so, the human being finds ways to justify himself; one will seek the cure through self-punishment, while another believes the knife is sufficient penance and healing. But by and by, there shall be healing for all.

Every man embodies the golden kernel of Vital Power. He is soul — and soul is living energy. He therefore needs no intercessor to that power — and only the Power can bring him into the fullness of Its Radiant Cadence. A true teacher will readily tell you.

There are no easy rides to God, God belongs to those who claim Him/*It*, who bravely enter Divine Life consciously. You must get there by yourself.

Each day take time, sit still a while and become God-centered. Close your eyes, shut off your physical senses. "Be still and know I Am God" — Consciously inhale the vivifying Breath of God, drink deep. . . . feel good, feel God, *love God*. . . . *BE*. . . . and you will feel relaxed, enlivened, joyful, and gradually realize youthfulness, mental balance and physical health.

The ancients readily infused their bodies with the energy of Divine Life, that kept them alive for hundreds of years. At their translation they dissolved their bodies, gathered up the atoms and ascended. Today it is still the practice of those who leave their body at will while yet on earth.

KUNDALINI, THE LIVING FIRE

The Kundalini is the Divine Fire that lay at the base of every spine. Great caution is advised not to awaken it prematurely from its dormant state, neither by force, nor by

technique or manipulation. No text, no spiritual lesson should be allowed to guide the seeker to arouse *It*. This practice can destroy the nervous system and drive the individual to madness and insanity. I have received very desperate calls from individuals who fell into this practice, the effects are grueling.

When your life is in order, imbued with self-honesty, devotion and love, and the desire to become God-conscious is sincere, the Spiritual Fire within you will be set afame and rise to/and through the crown of your head, *naturally*. It is the only safe way.

Then you will know the meaning of true power. Consequently the heart adheres to *rightness*, no matter what the cost. Abuse of power would end in self-destruction and loss of divinity. Power seeks control and dominance, *Love* conquers it — do not seek power, but *Love*! True power is not given to man until he has proven he can control his inner worlds, for the risen energy gives the awakened individual power over others and God already knows what some would do.

MANSIONS OF THE SOUL

What is consciousness? It is the Body of God, it is *You*. In this consciousness are many mansions, which include your state of mind, health, wealth, and all you think, feel, desire, reject and embrace to be yours. It is any state that motivates, uplifts or is depressing you. Consciousness is your creative tool, with which you mold every moment of your life.

Your outer world complies with your attitude and your attitude determines your health, conditions and future circumstances you shall meet. Your attitude is expressing your emotions — which set creative energy into *motion* and direct it as *You* will. You can make your world wonderful by dwelling on peace and beauty — and by saying *No* to contradictory thoughts and impulses. Thus, whatever you entertain, associate yourself with or intensely think of, becomes part of this consciousness whether you are narrow-minded or big-hearted is the conscious in which you live, and is *that*, which holds you responsible for every action; but also the point from which you

disburse good and error, and your springboard to Spiritual Freedom.

ALLEVIATE DEPRESSION

When you discover the Dynamic Key to Life through conscious separation from the body, you will realize every condition is your own creation; and that you are not a victim of circumstances, but victim by *choice*. As nothing stands still, even conditions of your own making must change, either by your willingness or by force of circumstances. In whatever mental or emotional state you find yourself at this moment, is the particular mansion of your choice, and nothing can stop you from changing your attitude and from moving into a brighter, sunnier room. Let your thoughts smile, allow your body to feel the healing happiness! You know you can! This will alleviate depression and recharge your body and mind — else you cry alone, for life goes on and the world does not care.

Walk away from people who drag you down, else you become sad and forlorn as they. Change what you can, be happy, look into your mirror — smile! Happiness keeps the Spirit youthful!

Be content with what you have, only he is poor who always needs more; and he who does not love himself is poorest of all. Loving yourself is loving God, for only then can you love others and know true happiness. But loving God seems to be a real problem to some, for one must therefor love his fellow man and most who avow to love God hate themselves. If you find no purpose in life and no beauty within, you shall not find it in the world at large, for it has nothing to reflect on. Negative attitudes solve nothing, but change your opinion about yourself, your life and about those who share it, and your existence becomes balanced, healthy, and simply grand!

What is it within us that makes us want to suffer, crucify ourselves and fret? The answer is guilt, self-hate, self-depreciation and self-persecution, and, since self-imposed, no power above nor below will dissolve the web. You *are* the master of your conditions.

Now, think of people who are always smiling, jolly and ready to extend a helping hand. And of those chronic complainers and pallbearers that are forever depressed, half sick, with no incentive for anything in life, who begrudge and mall over every good they ever committed unto another — and what the world owes them, and you will recognize the mansion in which they choose to live. This is the problem with our *feeling*, emotional nature, which is brought under control by living in sensible, emotional detachment. Over-emotionalism corrals the soul into planes of purification after physical death.

We say: God has forgotten me, I'm miserable — or God has forgotten the world, in a sense that is true; until you realize God is me, thee, and all of us, in sickness and health, poverty and plenty, in joy and sorrow, which makes no difference to God, for He, *It*, *You* and every soul are eternally *One*, and you are therefore whole in every way. You can change your life, my Dear Reader, if you would just go ahead and do it! Think of the goal instead of the barriers along the way. You can begin to think on higher levels and live the happiness!

In the golden state of higher consciousness lack, want, desire, illness and despair promptly disappear, only the mind can set limitation. Any degree of earnest spiritual living lifts into Divine Love, which overrules the aberrations of the lower mind, by gradual absorption of the negative aspect into the higher nature. Then, instead of pulling apart, the negative/positive polarity within us pulls together, until one has been integrated into the other and we no longer wish to think and act negatively. Our inner and outer forces have come into balance. Somehow the experience of lack and illness turns our attention inward and reawakens us to the flow of *GOOD*.

BEGIN TO FORGIVE NOW

Whatever you are capable of feeling, *never* hate. The energy of hate, anger, greed and possessiveness eat away the flesh, as do lapping ocean waves that slowly eat away that rock at the shore. Human vice and wickedness are not the problem, but our *addiction* to them is the sorrowful thing.

We might persist in our desire to be changed and made whole — and make a clean sweep!

If you do not place your life in order, life will do it for you. Festering sores of resentment are hard conditions of the mind, which create hard obstructions in the body that manifest as lumps, cancerous growth, arthritis, diabetes, blood diseases, ulcers, to name a few examples. Leviticus reads: ". . . the life of the body is in the blood" — pollute it and you suffer, because the blood carries the karmic picture images you project into it. Though we would rather place the blame on the food we eat, it is rather as the saying goes: "what is eating you" is the disturbing factor.

Doctors have found kidney and gall stones are caused by certain foods, while other stone formations could not be explained; these originated in the psyche. From life to life you carry along within the seed atom the record and energy of your actions and reactions of every past existence and record of hardened thought patterns you created in those lives. If awakened through hatred and malice, the aforementioned conditions can unfold. Why we suffer is now more clear. In the words of Publilius Syrus: "Everyone is bound to patiently bear the results of his own example."

Suppressed emotions embedded in the subconscious mind find release through painful conditions. Continuous upsets affect the glands, that being out-of-kilter throw their poisons into the blood-stream. Physical as mental illnesses emanate from wrong thought and often manifest after many lifetimes.

To forgive ourselves and others daily eliminates a great deal of suffering. Some call forgiveness an art, some say it's a waste of time because the ones they forgive repeat their acts, while others call it a virtue and more do not know how to forgive, save the ones who say: "Yea, I'll forgive, but I'll always remember!" As thoughts take root in the mind, they feed on the added energy of anger, malice, envy, greed and hate and assail the body during the hours of sleep. When their blossoms unfold we call them *dis-ease*! Negativity carries into the storm, not out-of-it. If we would heal ourselves effectively, permanently, we must begin to live in the consciousness of Love of which we are a part and connect to the

Force that governs our life. When understanding Its functions — and ourself — we will desire to give up our personal evils and realize our divine esteem — in which we move and live in the Mansions of the Soul.

Our responsibility to ourself and to life includes caring for lesser life waves. Using our Dynamic Keys To Self-Healing, we must not forget "God's Little Ones", your beloved Pets, that enhance our life with joy, companionship and watchfulness.

GOD'S LITTLE ONES YOUR SISTERS AND BROTHERS

Animals need to be loved and cared for as do persons. Their evolution is long and difficult as our. All life moves Godward, evolves through lower kingdoms, until the form is endowed with the monad and the monad of form enters the human state, where sanctified it unfolds into the conscious soul. Animals as other life waves are loved and cared for by Nature Beings and Powerful Guardians Who watch over them. All species great and small, to the tiniest insect are bearers of the Light Energy that birthed them — and us.

PURIFICATION THROUGH DEVOLUTION/TRANSMIGRATION

Your beloved pet has been entrusted to you by God and deserves your best care and devoted attention. But though faithful past the end, some pets love their masters more than they love them. Those who neglect and abuse animals are ruled harshly after physical death. They regress to lower forms, to the primordial psyche, where the elements of human atrocities and unappeasable lust to sting and hurt is harrowed out; and the abuser feels the very pain he/she inflicted on God's helpless creatures, intensified greatly. Now, if the dog is really man's best friend and animals such comforting companions, why treat them so cruelly? Is this how you treat a friend under the guise of: ". . . animals helping man through science." But there is a Law that takes care of it all.

DO NOT SUFFER THEM

Ah yes, one might think of this when going hunting, trapping, to chicken and bull fights, or when booring a hook into the fish's mouth! Animals *feel* pain as you! If you find me radical, then I bid you to enter spiritual consciousness *to see for yourself* the brutal consequences animal tormentors must bear for their actions. Man does not have to butcher to survive, nor feed his vanity by torturing animals in laboratories; or vivisecting God's creatures to advance his sciences and to be sure — ignorance. There is no end to human wickedness and a place for it. Said Robert Browning: "I despise and abhor pleas on behalf of that infamous practice, vivisection. I would rather submit to the worst death, so far as pain goes than to have a single dog or cat tortured on the pretense of sparing me a twinge or two."

My gentle Reader might question: "What room has this on the subject of healing?" *Everything!* If abusing animals is part of a person's life and disposition, by virtue of the offense healing is unlikely to occur. Spirituality encompasses every phase of living. We cannot look *UP* and close our eyes to the suffering of God's creatures, that in essence are part of ourself.

Through suffering the beast in man is constantly tamed and purified. As human beings suffer from cancer, we also find malignancies in animals, they hurt and feel as we. Gradually the beast consciousness evolves into domestic sensitivity, it proves our relatedness. By virtue of the *One Life* we are linked together. And, the purifying beat goes on!

HEALING YOUR PET

Animals know nothing of faith or doubt and are therefore easy to heal. A lady called for healing for her cat, she cried and said the cat was thin and nearly dead; somehow the medication left adverse affects. The beloved pet could no longer eat nor drink and was on its way out. Immediately after the call I began absent treatment, three applications of healing energies during the day and one late at night. After the second treatment I would see two cats instead of one; one was dark, the other a light orange/brown. Since neither

cat would budge, I decided to give healing to both, just to be sure I had the right cat! Just a few days later the owner called and said the morning after she had called for the cat's healing, her cat ate like a horse, it nearly couldn't get enough food, the swelling of the neck had disappeared and the little one was healthy and perfect. When I told her about the orange/brown cat, she excitedly replied: "O, that was my other cat, she is now in heaven."

MIRACLE KEYS FOR HEALING YOUR PET

- Key 1. Lay your cat or dog on a soft blanket on its stomach, talk to it and calm it down.
- Key 2. Take a little *pure* olive oil, anoint its forehead, the nape of its neck, anoint the paws lightly and also the stomach area below the rib cage with a dot of oil.
- Key 3. Surround yourself and your pet in a cloud of White Light and envision Its healing flowing through you and through your shoulders, arms and hands.
- Key 4. Hold your hands above your pet's head, 2-3 inches above the body, without touching it run your hands down the animal's back *past* its feet and then forget the little one altogether. Repeat this process three or four times, each time brushing downward from the head past its feet, as the pain will flow from the body in this way.
- Key 5. Now turn your pet gently over on its back. Repeat the method of Key 4., then lay your hand directly on the affected part, permitting healing to flow; keep your attention on God, taking no thought of the pet or condition.
- Key 6. By now your pet will probably be very relaxed or asleep, let it rest, allow it to lay around and sleep. If it sleeps a long while be not alarmed, it's the sleep of rejuvenation.

The whole technique should take no longer than seven minutes. Never arouse your pet abruptly. When you are

through, and after your pet is up and about, give it a bowl of water to drink. Then wash your hands well to cleanse away the vibrations. And yes, make a healing cloth for your pet (see Chpt. 5), bless it with Love, and make certain it is fastened in a manner you do not pull out its fur when you remove it, and also that it cannot wrap it around its neck and choke on it! Always use discernment and good care, just as you would for yourself.

Healing energy resides in every form. Even though you will find your pet much improved and most likely permanently healed, do still take it to its veterinarian. Your pet's conditions are as important as your own well-being. In healing your pet or people there is no faith involved, just *Grace*; if it were not so, those who know nothing of faith could not be healed.

The following are excerpts from my book "*Journeys To Worlds Beyond*", page 85-86.

THE HEALING OF "FIFI"

It was late evening when I heard anxious knocking on my door and wondered who would call at that hour. A weeping woman entered. She held her little French poodle cuddled up in a blanket, only its infected eyes and pink ribbons were visible. In empathy I brushed over its head and damp, matted fur and had my doubts that it would even survive a healing. It could barely stand up and wobbled since it had lost its equilibrium, and Fifi was almost blind.

I learned the poodle had not eaten for several days and the woman bemoaned that Fifi would have to be put to sleep the next morning, since the appointment was set to send the painful conditions and she cried out: "Only God can save Fifi now!" I inwardly agreed and laid poor Fifi on its blanket before my altar and proceeded with healing.

Soon I felt an interchange of energy currents and Fifi's aura grew colorful and bright. Slowly its legs stretched straight out and the poodle looked unconscious. Frankly, I thought it was dead. My thoughts rayed inward: "God, how must I continue? Have you taken this little spirit home?" And the answer came: "Set the water two feet away from

the head, call the spirit by name, command it to arise." And so it did. Fifi began to stir around, picked herself up, stood on her feet, sniffed into the air, leaped to the bowl of holy water and slurped it to the bottom. Then she really stretched her limbs, yawned as though it woke up from a sleep, ruffled her fur, shook the little body briskly and wagging the button of a tail jumped up to her master.

Fifi remained healed, the lady reported it developed such an appetite it had to be restrained from such gluttonous behavior. And I was thankful.

CHARLIE THE SPARROW

Ah yes, this reminds me of Charlie, my little feathered friend, the baby sparrow with only one white feather in its once bushy tail, since his companions had plucked out the rest.

A humming sound in my ear prompted me to look out to the terrace where the little bird leaned against the wall, dying. Its matted feathers looked pitiful and its tiny eyes were rolled back into its head; little deposits running out of both ends it seemed Charlie's chirping was just about over.

I said a short energetic prayer and since it was too cold out on the terrace I left my body to touch the bird directly and then released it to God's care. Its greyish looking aura began to turn bright with a tint of blue and soon God's little one flapped its wings and flew away. But it didn't forget! When supplies ran low, Charlie was sure to find me and chirped and clamored at the window. It stayed around all year. I never understood why some grim earthling would feed a robin and shoot a sparrow.....

God's little one's depend on the Guardians of their own kingdoms, even as we depend on the Guardianship of Heavenly Forces.

CHAPTER SEVEN

CREATING HEALTH AND PROSPERITY

To keep body and mind functioning efficiently and to fill our life with plenty, we should understand the undercurrent our thoughts and words create and the imprint they have on our physical form and conditions.

The Nature of God is the nature of soul: *Energy*. Thought is therefore an electrical vibration and creative energy empowers your spoken word. At the point of Creation when the life-infused atoms correlated into form, form became man, and he began to produce thought vibrations through the Energy that is the Essence of Life.

You are a spiritual being, you *are* the wondrous power that exalts or subdues, uncreates and recreates your material/spiritual world. What you think and feel reflect in your life and leaves an indelible imprint on your spiritual forms and on your physical body — that becomes the principle cause of rebirth.

During your many sojourns, you find your expressions and experiences, through your spiritual body, that is comprised of the casual body, mental/emotional body, desire body, vital body and earth body, which are your means of transport or vehicle.

The mind is the tool of soul. Since it cannot think on its own it is influenced by inflections of the higher ego, because only Spirit can think. *Spirit* is therefore the Force which moves the mind into action. It teaches man to employ his faculty of *reason* to discern right from wrong. As the Higher Mind rules the physical/material universe, we may readily employ superior thinking and change the course of our

thoughts, therefore our life, into more favorable directions. Man creates his own destiny.

Your energy and strength of will are the power behind thought, which sets vibrations into motion and shapes things into form. No once can hide his thoughts or escape their consequences.

THINK BEAUTIFUL THOUGHTS

The energy of your thoughts and emotions affect glandular secretion and change the chemistry of the body for good or ill. Through perpetual negative thinking the fabric of the flesh becomes pestilent, and what affects one member of the body affects all through the blood; manifesting good health or illness, tumors and cancers, of which the worst is that which eats away the soul. Thought energy affects the thinker for many lifetimes, but when thoughts are loving, forgiving and kind, the body begins to recover and thrive with health.

Beautiful, healing thoughts set up vibrations of great peace, of harmony and inner freedom. Insubstantial thoughts projected at random, are like a tangle of mixed birds, leaving a trail of confusion and mixed reactions when the cycle is completed. Our inner and outer atmosphere is permeated by the unmanifested thought energies of other minds that lite on the indiscriminate thinker and discharge their suggestions, who suddenly wonders why such strange dialogues wander through his head. If he doesn't clear out the clutter, the mind will reiterate the text by automation and project inharmony all around.

Divine Understanding enables you to remain unresponsive to the mental suggestions or others, which constantly seek to impress themselves on your mental/emotional force field. When Divine Love cuts the tentacles and influences of the controlling elements to which human states and unascended life are subjected, we begin to radiate the irrepressible love and enthusiasm of the soul. Then nothing can dominate us but the sweet, prospering inflections of Spirit and goodness, wholeness and cleanliness of heart begin to shine through our actions.

Then we feel physically and mentally well. Thought energy infused by Divine Will, becomes *force*. When the personality surrenders to God, mind and soul become the vehicle of Spirit and *You* become the master — who can work in darkness or in the glare and intensity of the Light, feeling neither joy nor pain — and only *God*.

Every good and evil sets up a countervibration that molds the thinker's life — and health. So we see, the mastery of life lies in the mastery and control of our thought energy and emotions.

SPEAK — AND THE BODY LISTENS

Negative thinking and careless speech are the only real burden we carry through life. Our verbal expressions determine our state of mind, prosperity and happiness. The energy of the thoughts you think and sound you utter are connected to the soul and impinge themselves on your nervous system and body. Your every decree and unspoken command cast a mold — a condition to be filled with good or want. Let us cease decreeing misery at every turn!

Ill health and troubles are due to our lack of *conscious* attunement to the Presence of God. It sums up to this: sickness is caused by a blockage of the vital fire/and air element that keeps us healthy. When this block is removed, conditions are healed and health restored.

Through the energy of thought and speech we relay our ideas to others and to our body. Vibrant expressions of *Strength, Love, Light and Power*, are builders of vitality, happiness and prosperity. Opposite decrees disturb the rhythm and balance of vitality, because the fiat of your word and sound vibrations summon the atoms that correlate or disintegrate matter — according to what you believe is true.

A word is a form of your thought, a *thought form*, because your thought molds your word. Since your words express your thoughts, it is useless to declare: "I didn't mean it", or "I meant something else" or "You are reading into what I said!", because what *you* voiced is *exactly* what you thought and meant, else your feelings and emotions would not have formed your words and you would not have verbalized them.

No more can you lie to your body, your body reacts to your thoughts, as those who get easily offended, angry and excited, well know.

Now, some people think that to release their burdens and sickness to God will remove them if they wait long enough. But God is not in the least interested in the grief we forged for ourselves and came down to earth to rectify and clear out. The way out is from within, which clearly means *going* within, each must do for himself. This does not imply God does not hear, His Ear is *everywhere!* Words spoken to God that are brief, clear, to the point, sincere and *free* of emotions receive an answer.

The strength of your desire and will empower your words and make them live. When you cease to decree sickness, fear and deterioration, cease clutching after and hugging the mystery of *my* operation, *my* heart attack, or *my* divorce, loss and sacrifice, it will cease to exist for you. To repeatedly decree: "I am sick, lonely, tired, poor and broke!" — manifests the energy that brings it forth. The body gets tired and the rest follows suit, because your decree *fulfills your command*.

No matter what your life maybe presently, you *can* make it better! It takes less effort to decree: "*I am vital, prosperous, rich!*" — and let it be fulfilled. Persist in thinking vibrant, happy thoughts. You can move yourself into such a state of joy you will *want* to remain happy!

Individuals who cannot lift their mind above the turmoil, get easily agitated and depressed, life seems a waste. Depression is a burdensome load to carry. No use reflecting on what used to be, on things you *used* to do and can no longer do, what you had and enjoyed, but on what you are *going to do* to improve your life and mental state and *follow through!* All that is wonderful and truly good is waiting ahead. You can feel energetic and dynamic by a healthy change of attitude. When you know only the best holds true for you and you begin to close the emotional door, what you decree and direct to accomplish shall bear results.

BLESS, FORGIVE AND LET GO

Some persons tend to make sickness their life style and devote their time to being a patient — to be loved and cared for, and those who listen to them suffer from chronic fatigue! Now, some would rather part with their body than giving up nagging and groaning. Constant grippers love to keep company with other neurotics to compare their disease and exchange misery. And — the body listens! Each time they reaffirm the disease and call it by name, it intensifies. There is release in pain; since it is cleansing us it should be accepted with grace. But what good realized when we do not understand the lesson it holds?

Indiscriminate use of drink, drugs without prescription, as well as the energy of lust, hate, anger and spiteful slants spattered about are a sad trip! They dissolve the protective shield around your spiritual centers, which become the door for strange energies to swarm in and out, that induce self-consumption. Clearly, disease is an invasion of malignant mind forces. Balance and correct the energy or *disease thought*, and healing begins.

Where does the karma of illness and pain end? At the point where it began with *You!* When you begin to walk in the Light, live in the Light, being ever conscious of God in all you say and do, you will find burden's lifted and pain subside. Afflictions cannot be blamed on someone else, even if injured, it is always your own energy returning. You can bless it, forgive it, and let go! Moreoften our own bad choices created the emotional or physical pain.

Negativity is our base nature and indulgence. Ill health is the result of ill emotions and harmful intents; our energy-in-motion misdirected, and energy of harmful motives that backfired.

THE POISON OF ANGER

The same chemicals that are in the brain are in the body. When you think, speak and act, energy moves into action and the body responds accordingly. For a while it functions well, but as your thoughts exert more negative pressure, the body begins to react, becomes ill and breaks down in some way.

Love is the answer. When the mind is angry the body is angry and rebels through sickness and aches, which is the very cause of cancer and afflictions that assail the vital organs and the blood.

People who are silently angry and resentful, are often devious and violent. They cannot let go of emotional hurt, much less forgive, which is the antidote for all disease. Anger leads to hate, and hate destroys, some hate so much they wish to die. The message is clear: either change or self-destruct. Your thoughts are your own. No one can *make* you angry, resentful or unhappy if you do not allow it. Immerse yourself in thoughts of Love, until anger and hate feel foreign to you! You are God's treasure! Touch *Love*, and anger disappears.

THINK BEFORE YOU ACT

With every waking, thinking moment you are creating a cause and therefore must experience the effect. It is up to each of us to deliberate what energy our intents and motives are setting into action. Even best intentions can have harsh consequences, financially, physically and emotionally, if they infringe on the personal or spiritual space of another.

FREEDOM FROM FEAR

People will eagerly tell you as long as you fear, you believe only in yourself and not in a power greater than you. This is untrue, because fear has many causes, some are rooted in past lives. If you would ask them to explain to you what the mind is, they cannot answer, because they don't know.

Freedom from fear is found in Soul, by entering the stillness of God, giving up to God and letting go, *transcending* the mind. Not transcendental meditation, no, but by going to your very center, to Soul Itself, where fear does not exist, and any thought of fear is expunged from your daily life as well. There at your holy center, fear is literally washed out of the fabric of your mind. Then when you confront fear you will find it gone, never to return.

When your mind is at peace your body will restore itself. To have physical and spiritual freedom means to become free

of all external and internal negative influences, and to feel and abiding happiness of God. Negative influences will still be there, but they will no longer have the power to affect you, since you have become nonresistant to them. Instead of the reactor you have become the refractor. The Radiant Light enlightens you, the Sound brings you to God.

You are a spiritual being, the Word Itself, When you speak and *know* your words are Spirit, then they can only *be* Spirit and therefore power and Light. So instead of decreeing: "I suffer", the decree should be: "*I Am Perfection, thank You Father, for Light and Peace, for perfect balance, for health abundant in body, mind and soul.*"

When at wits end, relax your hold on life and know you have much hidden strength to draw form. Shift your thoughts to God's Healing Presence within you and say:

"The Power and Love of God are within me. God is my unfailing strength. God is my Life. I Am Life! God is my unlimited Source of supply. In this I trust. All Good comes to me now. Love, Peace and Contentment are established within me now. Thank You Father; and so let it Be!"

This brings to mind the words the ancient sage spoke to his fearful discipline: "Go into the darkness and put your hands into the Hand of God, that is better than light and safer than any known way."

THE ROOT OF DISEASE

Disease has its elements on various levels of consciousness and in lives past. Discover and remove the cause and you have healed the effect. This of course holds true to your relationships and conditions in practical life. The effects of past actions are felt by the doer through many existences. Even though his life may appear proper, honest and in keeping with higher principles, he silently suffers redeeming past insurrections. But all in harmonies and illnesses are not due to past karmas, as some are created presently and can be remedied through medicine and by adopting a more loving outlook on life. To maintain a peace free of compulsion and want, endows your heart with tranquility to which the body responds with healing.

The law of balance demands payment from everyone who breaks it. Until we accept Its Mandates and follow Its Guidelines, suffering continues. If it were not so, why are some people constantly sick and others enjoy perpetual good health? Why do some souls lack the most essential means, while others throw more than that into their garbage cans? Why do cancers, plagues, pestilence and cataclysms drive man from riches to poverty and desolation? This is only a fraction of the picture. And what affects one, affects the whole, through personal, mass/and Global Karma, which includes the karma of cities, countries, continents and the earth itself.

The famine, hunger and death in third world countries proved karma at its worst, the Anvil of Heaven purifying souls. The law of cause and effect proved its might, when attempts failed to alleviate their great suffering and transports of food were stopped by unforeseen events. The Law has no mercy. Knowledge of Christ did not save them. No altar call obliterate the misery. Even though the Mandates of Spirit are taken ever so lightly, we reap what we sow.

I've listened extensively to the "*devout*," whose prideful, pious lives included hostility, gossip and slander, who insisted their personal wrongs were forgiven by Jesus and found the Law of Consequence devilish and ludicrous. However, it did not change the evident, as weighed down by their troubles they found no peace in their woeful circumstances, religion or belief. And under the chilling consequences of their reverberating actions, they wondered why He, who promised to heal them did not come through. Self-undoing awakens man to Divine Truth and tends to change his wrathful properties to more loving attributes.

We might get off the pulpit of self-pity and try a little self-emerging, if our tomorrow would be healthier, saner and better. I know I sound like a sergeant shouting over his troupes, but truth is never kind, and I too must abide by the law that governs me.

Persons whose children come into this world deformed should know that each soul enters the condition and environment best suited for its regeneration. In this way the personality entering its new world deformed, blind, with missing

limbs or mental weakness, redeems its debt. It also serves those attending it to learn patience and lessons in love and compassion.

A soul may be born into wealth, or chose a lifetime of long-suffering and poverty. But whether at ease or troubled, every condition imbues lessons. The soul cannot find rest until it finds its freedom and happiness in God. Disease and pain ensue from our insubordination to divine law. We know God is going to heal you, whether presently or in eternity — either way is healing.

"NOT BY POWER OR MIGHT"

The law of "sowing and reaping" is the creative enforcer of spiritual evolution and exists in all things as an expression of the Divine. Positive decrees can improve our life and can heal us for a time, but to attempt to change karmic conditions by manipulating the forces works decidedly against the stream of healing instead of with its flow. Only the Spirit of God can mitigate our pain and karmas.

One learns this simple fact when by 'the laying on of hands' the practitioner absorbs the diseased every emanations of the person's illness that suffer him for days and leave him exhausted, since the *Me*-attitude of the lower ego is at work and because auras interblend. Out-of-body healing is the correct way, which differs from mental healing and harmful manipulations. If a practitioner cannot heal a person at a distance, he assuredly cannot heal him/her in person. Permanent healing takes place when you know God is the Healer and you live the life.

The Healing of God has nothing to do with phenomenon, religious thought or spiritual sciences. Self-adoring people who claim to be able to heal *anything*, should try to heal a body deformed from birth. But while one claims to be the healer, the other is the Healer. People who try to demonstrate a Truth they have yet to live — at best muffle the cry of the soul for freedom of spirit, from pain and from adverse conditions.

Healing by the "laying on of hands" was *not* taught by Jesus, but by those who came after Him. Jesus taught the

way by which man can redeem and heal himself. What He exemplified and the Wonders he performed, are unrelated to biblical methods. Jesus demonstrated Divine Perfection. Since *I Am* is Perfection, disease is a concept of the mind. Every disease *begins* in the mind. Disease means sin; transgressions are rectified from the point of cause — in body and mind.

Now, unless a wound heals from within through the invisible process, there is no healing. But when healing is transmitted according to the Principles of God, it affects the cure. In order for the petitioner's condition to improve, his trust must be in God and not in the practitioner.

People are healed when their karma has run its course. They are not cured by prayers, by healers or by the grave message of the pulpit, but by the Heavenly Lord. Laments do not change the Law of Karma, without a twinge of regret. It rebounds to each its own.

Time always heals, always — through the endless agitation of Cosmic Tides that purify man. In the words of George Meredith: "There is nothing a body suffers that the soul does not profit thereby."

MYSTICAL ILLNESSES

I've met a number of sincere, dedicated persons whose suffering had no medical explanation and was *not* psychosomatic. During the wondrous unfoldment of the soul, changes and expansions occur in our finer bodies that can be acutely felt in the physical form. This applies to unawakened individuals as well, nothing detains progress.

To be *truly* reborn, and then *thrice born*, you undergo a process of spiritual gestation. The periodic elasticizing, sensitizing and expansions occurring in your celestial forms are an inner process the physical body feels.

If we speak of healing the whole man, human and divine, and endeavor to enlighten others, we should be able to explain what makes man hurt and why — in *every* aspect and not merely touch on the subject on superficial levels. But nobody ever speaks about the foregoing.

Though the spirit in man has progressed by leaps and bounds, much is left unfinished. We are not perfect, but made whole by the *Perfect* that entered us at birth. The human walks now much straighter and has become wiser, evolving through the countless cycles of *becoming*. And we will continue on the upward spiral of evolution until we reach Godhood.

DECREEING PROSPERITY

Overflowing abundance and good health manifest to you by your overflowing, uninterrupted rich thoughts. The rich are too busy enjoying their money to think poor; and the poor will grow rich when they cease giving others the "poor mouth". God has never deprived you, you are depriving yourself. You can get no more than you feel worthy of receiving.

Let us not think of money as evil, but of the good it can do to help others and to make our life more comfortable. Prosperity is healing, since it removes all stress from your life, leaving you carefree, happy and healthy, looking for greater goals. According to scriptures: "where there is no vision, people perish — not only from lack of the vision of God, but also from lack of *creative thinking*. Inner creativity opens doors to new achievements, which should never be a matter of conquest, but to prove your wonderful capabilities, and since talent is prerequisite to the culmination of every fruitful endeavor, as is grace and beauty of character to ultimate success, whence does it fare if not from within? How do you develop it? By going *within*. Your creative capabilities do not stem from your mind, but from your conscious and unconscious attunement to the limitless reservoir of spiritual intelligence.

Mind is the instrument and creative outlet of soul. Energy follows thought. Correctly applied and released, thought manifests form and substance. So here we have creative thought and concrete thought (or thought materialized), and in paradox, one cannot manifest without the other. There is nothing new in existence, no new idea, no new invention, but the Idea and Ideal recreating itself in every age, which varies in excellence and demonstration according to the receiver's ability to attune himself to creative frequencies. The original

idea is old as time. Even though continents were destroyed by man's abuse of energy, whose sciences were infinitely more advanced than ours, their creative ideas, good and bad live on. Many levels of creative consciousness are yet to be explored. When man becomes fully attuned to them, he will tap these wondrous levels of Intelligence that will bring out his ingenious nature.

DREAM AND LIVE YOUR OWN DREAMS

The many keys and techniques given in my books guide you across the bridge of higher consciousness to your highest spiritual and material achievements. Fully believing in yourself, in your own uniqueness, is believing in God; never dreaming someone else's dream but your own, that Spirit may prosper you. No matter what your present position in life, heritage or circumstance, you *can* do better. Everyone alive has something valuable to contribute to the whole. When one pattern does not work, try new directions. And all along the way, your impeccable honesty will draw to you the same energy response from others; as opposed to those who ruthlessly wend their way through life to lose in the end all they so ardently scoured up.

To succeed you must be original and not influenced by another's success or failure, nor take anyone as a role model — *be original!* No one, but no one, can do it as well as *You*. Selfness and self-worth will infill you with quiet enthusiasm and enrich your life; your positive attitude and outlook will shine through all you do, your creative strength will multiply your creations of good. Of this wrote the German Poet Goethe: "Talents are best developed in solitude; character best formed in the billows of the world."

ACHIEVING SUCCESS

Regardless of the hand fate dealt you, you can be the best you can be in every circumstance. When you become the *doer* instead of the prayer, your goals will be achieved and dreams come true. Miracles and success happen because you believed in *yourself* and not because some miracle worker or

saint brought them about. Next time you pick up the phone to employ someone's magic wand, lay it back down and know: *you are the master*, the creator of your personal world; you alone make happiness and prosperity happen.

Reach for the highest ideal, reach for the stars, see yourself as you *can* be, believe in your innate worthiness of every good. It is within your power to break the chain of every limitation. You see, when you are not inwardly free, believe yourself timid and unworthy, your good declines and conditions keep you chained by that same energy. It is my dearest wish that you would stand healthy, strong and straight amidst the throngs of life and that you might apply to your life the wisdom of Archimedes: "Give me where to stand and I shall move the earth."

SPIRITO MATERIALISM

Now, some religions have the idea poverty is good for the soul . . . while their establishments flourish from the gifts of the duped who believed them. I've never seen a happy deprived person, have you?

We have yet to hear of an organization that does not solicit money in the Name of God! They are no more than financial institutions, thriving on greed and excess; money-palmers promising eternal life, until besieged by life-shaking events, they bravely step forth and confess their sins to the congregation of the world! Greed was the cause of the rise and fall of civilizations!

Historic records, biographies and the "Cursor Munday", depict the wisdom, flamboyant character and death of Herod, the Great King of Judea, also his other virtues. Of him it was said: "He stole to his throne like a fox, ruled like a tiger, and died like a dog!" But he left a strong message for his people. Before he died, he asked to have his hands hanging out of his coffin, to remind all that no matter what fortune he amassed, he had to go into eternity empty handed.

What did you bring with you when you were born? What will you take along when you die? To want the things of the world and want God are opposite desires which cannot exist together. Some worry greatly about leaving a will, but what

have we willed to ourselves in the afterlife? In "Milestones To God" I wrote: "Today is all you have, tomorrow holds no promise!" The promise to all souls for *everyday* is happiness, prosperity, abundance! Greed and excess are the deplorable attributes that make poor and are the cause of every other soul-destroying vice!

MANIFEST YOUR DREAMS AND WISHES

Wholeness, prosperity and health are your birthright! The defeatist attitude belongs to the dark side of life. All things begin with an idea *your idea*, You are the Divine Idea manifest. God cares for you with the Grandest Love, but you must infuse and embellish your life with grand *thoughts* if you wish to alter your circumstances.

How you feel about yourself, your work and others, determines your success and what you can or cannot receive. Stay away from individuals who invalidate you or your work to make up for their insufficiencies, incredibility and obsession for power to appear great. They are already on their way to hell; pray for them! Wish them well.

To materialize your dreams and wishes, envision your *full* desire in detail. Your creative vibrations will dart out and like a magnet draw persons and conditions into your life that will materialize your outlandish or conservative dreams. See your desires manifest, one at a time, make them your own. Mentally live that dream, be it — enjoy it, as though it were already yours. Always close your eyes and create *within*. Do not direct creative energy to persons more affluent, your good will not come from them. The less time you spend dwelling on your released picture images, the richer they will manifest. Always envision the end result!

You are not helpless, but endowed with every wonderful, positive attribute. Even though the negative force seems to hold the key to your winnings and losses, your courage, unswerving confidence and love for what you *really, truly* want will outmaneuver the adversary every time, since it can only work through your own thoughts. Strength, perseverance and limitless optimism are the attributes of true souls.

You hold the key to every success. Dreaming about it is not enough, you must set energy into *action*. In a sense, life handed you an empty bowl; it is up to you to fill it to running over. Do not sit around and wait for things to happen, they will not. *Action*, self-honesty, sobriety and clear-mindedness are your Dynamic Keys to success.

Do not envy the rich, bless them to receive even greater prosperity and endeavor to do better yourself. Control the events in your life by controlling your emotions. Recondition your thinking. Root out worthless, poverty-tinged thoughts. Clean up your mental closet and you will be on the road to success. Never fall back into negative thought patterns. Of this the Great Teacher Epictetus said:

"For there is nothing more traceable than the human soul, it need but to will, and the thing is done; the soul is set on the right path, as contrary it needs but to nod over the task and all is lost, for ruin and recovery are from within."

Now, it is well to let go and become inwardly creative; however, some people prefer doing nothing — period, and expect abundance to push its way through their door.

One sunny afternoon when reams of paper were delivered, the young, bearded man, lanky and tall, dropped the bundle to the floor with a sigh, wiped his nose along his sleeve and waved his handkerchief through the air to dry it from sweat. "Would you like a glass of water?" "No", he yawned. "I just wanna be a bu-u-um and do nothin'!" "Well", I replied, "Might you consider living your life instead of wasting it?" He yawned back: "I already told you I just wanna go to the beach and be a bu-u-um!" And he stalked off in a huff. Others I've met were looking for a lush life and the spectacular, always riding on someone else's ticket, while yet another kind will lay their life and goods into the hand of Spirit to do things worthwhile.

Be specific about your goals, infill each waking moment with spiritual vitality, earnest effort and good will. Creative thinking lifts out of depression and frees from self-pity. Give your best to each day with humor and love for life. Move out

the unprofitable in business and your personal life. Tomorrow's success and achievement emerge out of your positive energy of today. Willful individuals and relationships that cause dissension, unrest and unhappiness are stumbling blocks to success, they drain away the vital energy you need to fulfilling your goals. And more, as you live in their hell you take on their karmic energy. Let go! Let it be!

Seek daily introspection, be good to yourself, enjoy quiet times. Do not look to amass fortunes, but peace of soul — that fortune may find you! In the physical world where dreams and love are brought and sold, money is considered power, but true power is of the Spirit; when your life is suffused by *It*, it becomes exalted and brings into balance your inner and outer world.

Divine Imagination is your creative took It *holds no thought*, for it is the unfettered flow of Divine Creativity perpetuating Itself through Its creations. It cannot be stifled, possessed or absorbed. It is the Divine Word that rules in us, the propelling, compelling force, the inlet and outlet of imagination — which provides the springboard to spiritual growth, cosmic power, to spiritual worlds, success and prosperity. Its values are realized by awakened individuals, the rest scoffs and tells you you're off the wall. Yet the employer will say to his hireling: "Do this job better! Use your imagination!"

Thought is the lesser part of imagination. Thought has no power until it becomes creative, then it manifests desired or undesired conditions. When you drop creativity from thought, (or lose interest), any situation, every though it is concrete will dissolve. What you do not want you will not have, and what you run from will follow you! Withdraw your attention from relationships or money matters and they become null and void. For all there is, is composed of sound, light and vibrations, by which you build, reduce or dissolve.

The Law of Life is *change* — and every change is reversible. It makes no difference to God whether you are rich or poor, and even if conditions are karmic, you manifested them by choice. You are equipped with an abundance of creative energy to do as you please.

GOD, GIVE ME WHAT I NEED!

I stumbled on this simple, prospering, health-bringing technique by sheer coincidence, at a time when I was poor, sick and troubled. I felt so weak I wondered how to make it through one more day. Necessity tends to help us find solutions. So I thought I would ask God to give me what I needed-relentlessly, until I received. I was past the point of helping myself.

In desperation I threw up my hands: "*God, give me what I need!*" I did not care *what* He would give me, because whatever it was would be more than I had. I went through this positive decree period morning, noon and night and sometimes during the night. Not only did my fingertips begin to tingle, but also my arms and hands. Finally after three weeks of positive decreeing, it happened.

I awoke one morning feeling newborn. My strength had come back in double portion, my health was improved 100 percent. A call came in offering a new position that paid twice the amount for fewer hours. My bank account started to bulge and after three more weeks I met the love of my life. My broken-down car went to the junkyard, after I found a brand new Cadillac parked in front of my place one sunny morning. Who could ask for more?

Should you wish to improve your life, this is what you do:

Key 1. Before going to sleep, sit straight up in your bed.

Stretch your arms forward from the body and open your fingers as wide as you can, reaching, reaching into the ethers, keeping your attention on God. Doing this correctly, you will feel a tingle or warmth flowing through your arms and hands.

Key 2. Reaching out you now decree: "*God, give me what I need!*" — three times. Keep your mind empty

of want or desire. This is no time for lamenting — you want results! The secret is: you do not tell God to give you what you want, for want and need are unrelated. Leave it up to His Spirit to provide what is best for you. Your needs are supplied when you take time to ask. The call compels the answer.

Key 3. Repeat this technique with dedication, in the morning *before* you arise, nights *before* you go to sleep, and during the night should you wake up. It only takes a few seconds.

How soon you obtain results depends on your sincerity and on God. The technique works, because "*God give me what I need!*" are power words, *a command!* And you can only command when you feel worthy of it. This spiritual petition is very healing, but will fail completely when you mix it with prayer, laments, wishful thinking, or to manipulate others. Your mind must be emptied of all but God and your power words, then you will see results!

When you are bored with the tedium of practical life, go out and help someone, your very giving *is receiving*. Put *Love* into every moment of living! Too many of us find meticulous excuses why something cannot be done. All we possess is time, creative capabilities and an abundance of energy by which we can help, heal and give our inner unfoldment its fullest potential. Creative imaging is grand! It's another world you're entering, filled with goodness and joy! Remember how good things come in bunches and bad things follow the same patter? Both are *your ideas and ideals you have for your life*. Bad luck or good luck do not exist. It's in quiet moments you feel the peace of God and the Gentle Touch of His Prospering Spirit.

OUR NEED FOR GRATITUDE

We should have an innate flair for gratitude and thankfulness. Every normal function of the body is a blessing, ask those who are ill, whose limbs and vital organs are in need of healing! For every healthy action your body can perform, for every free breath you can take — *be thankful*. Can your eyes behold the beauty of nature? Can you tie your shoelaces and walk with a healthy bounce? Do you have the energy to lift your cup? Prepare your own meals and take care of yourself? Be thankful! Bless your body everyday. When you feel everything good is happening to someone else and not to you, you need but look around to see what assails others and you will have ample cause to count your blessings. We also

have need to appreciate the sacrifices life demands and every challenge we are able to meet that serves to bring out the best in us. The day of Thanksgiving is *everyday*. Wrote Shakespeare: "Lend me a heart replete with thankfulness."

PRAYING EFFECTIVELY

There is wonder in prayer when you pray with expectation and then become *still and listen*. Prayer does not change the Will of God, but brings the supplicant into attunement with the Divine Presence. The pray-er must become the do-er to realize answered prayer.

You may *not* pray for others without their permission. No one has the right to infringe on and change anyone's life or condition without his consent. Praying for another should be a joy, a spiritual treatment, not a duty. Too many who pray visualize the person's afflictions. Thus they offer a sacrifice, a diseased corpse — which adds to the deterioration of the body and is black magic, for which the pray-er is held accountable. How many hold the *perfect* image of the person into the Light, saying: "Father, Thou knowest!"?

And then there are the do-gooders, who insist God, (or some voice they claim to be God), put it on them to pray for you, because you are too poor, or you stay home too much, or for whatever reason they imagine; mostly because you do not join their restless world of gossip, slander and false witness. . . .boasting of 'salvation', yet forever seeking God because they do not know Him. They are not the love that brings you to God, but the glare that turns you away, because their lives are filled with doubt and conflict out of which their sanctimonious twaddle and comatose efforts to help and "save you" are born; as are their boot-legged versions of heaven and hell. If you were hungry, they would not share with you a slice of bread.

Often prayers remain unanswered because they turn into bargaining and sheer laments. Most petitioners tell God what they want Him to do, how He should run His universe and *your life*. . . .and constantly badger Him for favors. If they begged as consistently for what *they* could do for *Him*, there would be relief. Now, a string of prayers reiterated from a book

is devoid of intimacy of union and often directed to *other gods*, this is not prayer. Your supplications must be sincere, direct and to the point to have value. A devout person may pray for months and years and receive no reply, but a man in trouble bellows out: "*God help me!*" and lo, an unseen hand pulls him literally out of danger. This is the difference in prayer.

God is formless, omnipresent everywhere, yet we worship Him in form of people, trinkets, statues and idols. Nothing shall find us until we begin to go *within* and to create what we desire on inner levels, to manifest in our outer life. God is an inner experience, spirituality begins within. To pray and talk to God will never get you to God, and until you see your inner worlds and enter them you cannot meet God.

DYNAMIC KEYS TO EFFECTIVE PRAYER:

- Key 1. Always ask permission before praying for someone.
- Key 2. Let your prayer be simple, short and to the point.
- Key 3. Pray with purpose — each thought a prayer, let them be noble.
- Key 4. Pray without malice and with thanksgiving.
- Key 5. Pray from your heart and in your own words.
- Key 6. After you have prayed, listen — "*Be still and know I am God.*"

(*Progress:*) "Let there be many windows to your soul, that all the glory of the Universe may beautify it. Not the narrow pane of one poor creed can catch its radiant rays, which shine from countless sources. Tear away the blinds of superstition; let the light pour through fair windows broad as Truth itself and high as God . . . Tune your ear to all the wordless music of the stars, and to the Voice of Nature, and your heart shall turn to goodness as the plant turns to the sun. A thousand unseen hands reach down to help you to their peace-crowned heights, and all the forces of the firmament shall fortify your strength. Be not afraid to thrust aside half-truth and grasp the whole."

Ella Wheeler Wilcox

THE CRYSTAL CHAPEL OF PRAYER

Come, take up your cloak of light and follow me in thought to a serene realm On High. Perhaps those of you who remained in my daily prayer intentions will find it a familiar site.

After quiet talks with the Inner Guardian, or at times when I lose myself in the soothing frequencies of inner stillness, my spirit suddenly sets foot on the ground of celestial dimensions. This brings to memory a particular walk on High, that ever since has become a habit and a pleasure.

Entering the magnificent garden of prayer, I noticed it was anything but quiet. Bird songs filled the air and squirrels jumped around the rustic cottage that became my landmark. Age-old trees sighed in the heavenly breeze and cast the shimmering radiance of their outpouring emanations far across the meadowed land. A veil of love and transcendent peace lay over the countryside, the soul felt caressed by the breath of earth and heaven. At a short distance, tiny folk and nature spirits played along the murmuring stream that ran through the woods and along the foot of steep hillsides, interchanging happy thoughts, laughter and joy.

My favorite mountain path was well-traveled by prayerful beings of all shapes and dressed in different attires; some clad in long robes, some enveloped in the whiteness of spiritual light, and others were dressed as they would to attend any occasion on earth. Yet this world was far beyond the rushing sounds and tumult of lower worlds. Souls who visit this world no longer speak of faith, but from their innate experience that proved the abundant life exists more glorious than hearts imagine. Here it is forever spring, as the flourishing greens declare, in the land of flowers, blossoms and blessings.

A small bowed bridge crossed the bubbling brook, white doves of peace crooned to its singing. The narrow footpath embellished with rare, softly sparkling mosaic stones led to the crystal chapel of prayer. From its translucent dome, beams of resplendent light was drifting to earth dimensions, blending into the colors of incoming prayer energies welling up for transmutation.

There was little decor inside the chapel, except a mass of golden brilliance obscuring the holy presence stationed on a

dias. Pulsating emanations flowed out in golden waves, vortices and dazzling currents of vital force streamed out from the central being, and illuminated the crystal walls with thousand scintillating colors, refracting into the shoreless reaches above and below.

Two gigantic angels stood at the broad portal, which shone as a diamond set in the fire of eternal light. The fine filaments of their empyreal garments changed by the colorful, rebounding rays into heavenly pastels of misty blue, indigo, lavender and molten gold. By the wondrous melodic sounds flowing out of the golden-white presence on the dias, their enmantlements changed into a burst of blazing brilliance. You felt as though all of heaven had gathered in your corner and you were part of its fabric. And for a few transcendent moments — so it was.

I moved back into the garden and watched the breeze ripple through green boughs. Sweet attar of jasmine and rose swished around the face of the soul. And then I beheld a mighty angel stretch out his hand, and a powerful stream of light beamed from his fingertips down toward earth, and I wondered who it might be receiving such healing bounty and answered prayer.

And then I heard the soft footfall of those who were walking toward the chapel, who were imbued with serenity, love, and abiding light, humming praises in quiet adoration — and I felt a deep yearning to stay. But as I glanced back to my place among men, I felt myself slipping back into the body.

I return to this holy sanctuary often, for inner renewal, and to carry healing requests into the presences of angels. You can do the same. Each day make time, seek a quiet place and turn to the light within. Envision the garden of prayer, the crystal chapel, and the angels of love and healing, who inspire us to live nobly, and deepen our inspiration and trust in an all-loving God.

PART TWO

CHAPTER EIGHT

RADIANT LIGHT, YOUR UNFAILING PROTECTION

The Brilliant Light of the Holy Sound is your all-abiding protection. When you taken time to sit quietly by the Heavenly Candle and faithfully attune yourself to God, His Gentle Power will warm you to the core, regenerate you with strength and infill you with great peace. It forms around you a translucent shield, undulating with radiant hues of resplendent Light of intense, quiet power, that instantly repels and refracts malignant energies sent to you whether you are aware of it or not.

Spiritual living increases the power of the Light in your inner and outer force fields, to which heavenly guardians draw. Sometimes a person will remark: "When I walked in, I couldn't move from the spot until you said: 'God bless you, come in!' and I felt an enormous heat running through me. What is this?" I tell them it is the Guardian of the place, I do not claim such powers.

While standing in the aisle of a lecture room at the Tulane University, a person spoke up: "Dr. Lori, I wanted to come over to speak with you, but a strong force wouldn't let me pass and nearly pushed me against the wall."

Visiting a friend, and bone tired from the trip, I just flopped on the floor to rest and started to doze off. When my friend reached towards my head, a low shriek aroused me: "Ouch", he said, "what is this with you, my hands were three feet from your head when I received the electrical shock of my life."

When you infill your life with loving thoughts, with cheerfulness and courage, the atmosphere around you will be supercharged, laden with Love and constant protection. Your aura is the mantle you must live in and wear for all your life. Let it be a wonderful experience every day.

In my work I meet very interesting persons who come from all walks of life, some spectators, sceptics, some fearful, some humble, and the poor in heart who forbid, ask me to annihilate their enemies. The auric emanations of such people are sagging, drooping, downward bending rays, that leave faint trails of outpouring darkness. But for whatever reason they come, all seek God. Persons steeped in any particular dogma often reject other possibilities, yet a broader perspective would open many doors. Agnostics and atheists are more receptive to Divine Truth, since unswayed by indoctrination they are still in control of their own thoughts.

We are teachers of the Way, and the way is one of service. We recruit no followers as we follow the Light, for we know the meaning of spiritual freedom and are convinced others will also achieve liberation without our help; since all are born of the same Light and will reawaken to It on their heavenward way. Neither can we be roped into the barbarism of dogma and creed. The esoteric path is not a religion, but a teaching by which God may be realized.

I've seen persons make great bargains with God, by which they endeavored to outwit Him; but since their promises were ephemeral, calculations failed them in the end. Some of our spiritual relatives claim the Wrath of God seized them — insincere works do not bear fruit, while others praise Him inspite of hardships and their faces shine with heavenly Light. Our questions are human, the answers Divine.

When you keep your aura suffused with the energy of Love and consciously begin to live in Its Light, you have then become the Open Door, through which others may find liberation; for you are the Keeper of the Flame, the guardian at the threshold, and the Light. To strengthen the force field around you and keep it clear: think happiness, think Love, nothing can give you more energy!

CONTEMPLATION, THE WAY TO INNER PEACE

"Where doest thou seek me?
Lo! I am beside thee!
I am not in outer rite or ceremonies,
I am by thee, with thee, within thee!"

Saint Kabir

The Door to God is never closed to seeking heart, but we tend to run after God so much we forget to sit still and listen. What is stillness? — if not the place where soul meets its Lord, where Divine Promise finds fulfillment and Love imparts the Ineffable.

When you turn within and let go of the conscious self, love comes alive. You realize God is "I", — let "I" become the Enlightener and Exemplar, for the moment, the day and for all your life. When you release to *Presence* there will be repose and peace. Meditation stills body and mind and prepares you to enter *active contemplation*, which brings forth the Vision of God. Then, when you let go of the body and flow with the Love, you enter inner worlds. To become still and actively passive is the most powerful action: "*Be Still and Know I am God*".

WALKING IN THE LIGHT

At times the door of soul will open and you will see directly into higher worlds, step through and leave the body behind. As the Radiant Light appears in your field of vision, you have already entered states of Divine Life, but remain aware of the body at all times. But how can we measure the heights, breadth or depth of *That* which is beginningless, endless and all-encompassing? You see the Light, are drawn into Its incredible Love and you worship It. Yet It is not the supreme Lord, but Its Reflection, and for that time, this is as you know God. You hang on to the Light because you still fear death; but would you allow to release yourself into It, and for one short moment to become *It* — you would come to know the Father and lose all fear. For then you have gone beyond cosmic consciousness and have become a conscious part of God.

The world is the theater of the negative force, the universe of mind is part of it and our carnal nature is composed of the same fabric. Once awakened to Divine Life, you will realize firsthand that the mental worlds you enter during meditation are not the same as the Worlds of Pure Spirit, because the Radiant Lord will take you beyond the enticing wonders of mental realms, which often serve as a block to keep you in lower worlds.

The Golden Key to inner awakening is meditation, contemplation and out-of-body movement through Sound and Light. Turning within is the beginning of your release from this prison world and from the wheel of death. No matter what you see within, keep heart and soul fixed on the Infinite Lord. As you lift your attention to the eye-center and let it drop deeper toward the brain, you arrive at the door of Heaven and the dividing line between lower states and higher consciousness. You can stay in lower atmospheres or rise out of them at will. Yet you can only stay in higher states for short intervals of time, until you reach the point of total transcendence and loose track of time, then you have gone beyond the God-realized state.

Sometimes you come to God out of love, because subconsciously every soul desires to be with its Parent; and then again, circumstances in life can literally squeeze you out of the hardened mold into the spiritual life. It is the way the cocreative negative force is pushing you into the Great Way in which there is no darkness. So you see, the worst you may endure holds a golden blessing. Whatever you push aside, God will reinforce, somehow.

Meditation is soul food, needed for soul growth and enlightenment. Contemplation manifests health, balance, dynamic self-expression and supercreativity. Your heightened state of inner awareness and realization of God breaks the barriers of the present. There are many modes of meditation, each finds its own. Total transcendence should be the aim. You are a spiritual being, the moment you can truly accept this you begin to use the power of soul *consciously* and venture out.

YOUR KEYS TO HEIGHTENED AWARENESS AND INNER FREEDOM

You are under the full protection of the Holy Spirit and need not fear. Before you begin, choose a quiet place where no one can disturb you and unplug your phone. Sudden interruptions are uncomfortable, as you would feel yourself jerked back into the body, instead of the soft gliding sensation that brings you back to waking awareness.

- Key 1. Seek a quiet place, take a chair, sit upright but not stiff. Let your hands rest in your lap, your feet flat on the floor, a little apart.
- Key 2. Become relaxed and still. Empty your mind of all but God — feel the tranquility and peace. With your eyes closed, breathe relaxed and naturally, Begin to breathe from the soul.
- Key 3. Visualize the Radiant Light sweeping gently through your body, permeating, calming and cleansing your whole being.
- Key 4. Now move your attention to your spiritual eye, the space between your brows. Let your attention drop deeper toward the brain, to inner kingdoms. Become increasingly passive, visualizing the magnetic Light — the Loadstar of your *Inner Self*. Merge with the Light. Let your spirit flow out like music into timeless space and beyond that. . . . you *are* the music. . . . you *are* the glory. . . . you *are* Sound and Light. . . . all is Spirit, you *are* spirit. . . . all is Spirit. . . . golden splendor, love and peace. All is Light. . . . you *are* the Light.
- Key 5. In the out-of-body state you are fully awake and aware and you re-enter the body the moment you think yourself back.

Exploring your inner depth you become self-realized and God-conscious. It is the way to experience the vital rhythm of eternal life and to know its incredible freedom. Until man becomes free inside he cannot express freedom in his everyday life or be at peace, nor can he know the meaning of true brotherhood and love. Inner freedom cannot be gained

through religion, dogma or convention, but through surrender to God. Humanity is stressed out. Rich and poor are restless. In a world of pain and death nothing can buy happiness, but happiness belongs to you *now*, not only in the hereafter. The answer is found in the wordless prayer and awakened state that leads to freedom, and everytime your heart and soul bathe in the Presence of God.

REALIZATION OF GOD THROUGH CONTEMPLATING SOUND AND LIGHT

God is a realization, as is spiritual freedom. You can be free in this very moment, in the cognizance that you were born free and you have *always been free!* To look for freedom outwardly is like looking for your spectacles while they're sitting on your nose, or as the Chinese proverb goes: 'the man was looking for his ox while riding on it!' Mind creates the stumbling block. To become free of matter is the great lesson of reincarnation.

The more you attain to your inner life and adhere to the Radiant Presence, the greater will be your detachment from inharmony, and deeper the peace. Then, no matter what life may bring, the moment you close your eyes there will be serenity.

The transcendent state manifests through contemplating Sound and Light, which move you into the weightless state to merge with the Holy Spirit. Individuals fear the disembodied state because they fear losing control. If they took heart and moved with the energy, they would gain true control and lose all fear. We should remember that it is not the mind nor the carriage that enter spiritual worlds, but the unincumbered, True Self. Transcending the body is a natural action of soul. The mind can only go so far and must stay behind when approaching divine worlds.

Loving God means to surrender body, mold and soul to Him. Anything less is futile, words have no meaning. Devotees of Jesus claim He is their Master, yet they lack the faith and trust in Him to ascend to the heights where he dwells; so, He cannot really be their Master. They live a dead faith.

"Faith without works is dead", the scriptures say; this does not refer to physical activities — but to coming to God!

Why do we pray and experience the Radiant Presence? Because the Father pulls us into His Love and removes our ignorance and darkness. Then we feel irresistible Love and pursue this Love here, now, beyond death and beyond eternity. No word can describe the experience. The Sound of God transcends us to inner worlds and moves us higher into eternal lands; and we become profoundly at peace, because there is nothing left to seek, to fear or to desire. Inner peace abides and moves us into the nonresistant state, where mortal misery and meanness and transient joy no longer affect us.

This does not mean we escape from everyday reality, we just become immune to its hassles. Escape is one thing, release quite another. Escapism is of the fearful, restless mind, release is of the Holy Sound. Man learns to love himself by going within, where layer by layer his karmas are removed; he finds release from matter and unfolds into true Godhood.

PRACTICE SILENCE

Divine light resides in the center of every soul, you do not have to seek what is already there. When you withdraw your attention and consciousness from the body to the eye center and let it drop to deeper levels, you will hear the rapturous sound of inner worlds, you will see the brilliant form of the Divine Presence and meet the True Master. Keep silent about your inner experiences. Let no one steal your happiness, for those "who have not", will envy your progress and joy, they lack in their life. To explain your experiences would be beyond their understanding, because they are bound to their world of pleasure and pain, they love more than God. With Grace manifests power, others would drain from you and use to their selfish ends; and would go right on with their inner conflicts and self-absorbed lives. What is gained?

Dwelling in the Presence regularly and entering Its life prepares you for death. Death is only terrible and menacing to those who do not know God and fear the unknown. Since at death you become detached from body and mind, you may

well prepare for it now, that death maybe anticipated with peace and joy and the burdens of life become lighter.

Contemplate with love and devotion. When the mind is restless, discipline yourself, bring it under control, sit, be steadfast, and before long you will love to enter quiet communion with God. Begin each day in the name of the Father, and His Benediction will interlace your activities and remain with you all day. Do all you do and think in the Name of God, that your works maybe blameless and stand approved. End each day in the Name of the Father, and His love will protect and guide you to His worlds that are your true home.

Meditation is an activity of mind and soul. Since it has nothing to do with physical activity and God is nearer than your own thoughts, you can commune with God anytime, anywhere. Inner attunement helps you to remain humble, to keep mental balance, to maintain physical wellness, and to remain in constant, conscious touch with the Power and Presence that guides your life.

When you contemplate, envision you are sitting in the very Presence of the Power. Do not concentrate on the image, neither on Its Form, but on the Sound you will hear, which is the True Lord and eliminates all thinking. Attach yourself to nothing else. Whether you see His Radiant Form or not, He is always with you and your constant protection. Evil cannot touch you. Wandering spirits have no interest in contemplation, they like wandering!

The more you make yourself available to the Holy Spirit, the more your love for It will grow. God is a realization, a personal experience, nothing more. No matter how good or bad man is, death comes to all. When you "die daily", you learn to die to live. Then, at the final hour, you will let go of the body and ease and you will have no problem giving back the form you borrowed at birth.

LET THERE BE SOUL ACTION SOAR AS THE EAGLE

Meditation has its place, but the silent, dynamic *action* of contemplation brings you into the state of reawakening to God and on the true highway of heaven. Transcending into

Love clears away the mental fog and strain of constant seeking, and eliminates the futile search for an outer God.

Contemplation means to become completely engrossed and absorbed in the subject of your interest. When you contemplate on the Name of God, or whatever you may call God, then in one moment of deep knowing you will transcend the body, go *beyond* Samadhi and enter the Worlds of the Lord. Then no longer call it meditation or contemplation, but *getting back to God*.

Be not afraid to step out of darkness into the Light, It will free you from the dread of death, from untruth and illusion and end every feeling of separatedness from God. The out-of-body state is the only way God can be realized, dead or alive you must leave the body to get to God. In this high state you recognize you are the immortal soul, a spiritual being, and you bridge the gap to God. You see, when a bird lives in a cage, it's the only life it knows, but once it finds the door standing ajar, takes heart and tries its wings, it escapes into freedom and discovers it is not a weak bird at all, but an eagle that can soar high, and nothing will have the power to lure it back into the incarcerating cage. You are that eagle, my friend, you can soar at will into limitless freedom, if only you would try.

Your body is the cage of soul. All your life you have been told what you can or cannot do, what you should believe in or reject. And all the *don't(s)* imposed on you by religious society has taken away your liberty and will to think for yourself. When you have had enough and it becomes *your* will to be free, then the Will of God goes into action, begins the process of liberation and heals your life. Now, if you sit back and wait for God to move, you are likely to be disappointed, because God will not do anything unless He does it *through* you!

You are a living atom of the Glorious Body of God, in which you live here and now. Therefore you are not going anywhere, you merely shift consciousness or *You*, to a point of destination or to the heights of God. All this atom (*Self*) has to do, is to grow brighter and brighter, and lighter and lighter to return to God.

But in order to become bright as the sun and light as breath, you must let go of the weight (or world), which has made it heavy and kept you anchored to the density of matter. You must let go of what has kept you bound. And who knows better the cause of binding troubles and weight of sorrow than he who is suffering them?

Life will be happy, healthy and balanced when it becomes ruled by the Power of God, when you comply with Its directions and conform to Its Precepts. You can sacrifice your life for others and give away your possessions, it will not bring you to God. You can see the Light within and hear the wondrous Sound, and that is not enough, for you must be born again of the Spirit that gave you life and re-enter *It* fully conscious.

You will then also recognize that your karmas, spirituality and inner growth are dissimilar fields of action, and that your inner practices and unfoldment have only true value when they interblend with your everyday activities and spiritualize your whole life. So, you accept what life sets before you, but you also allow the Power to lift you out of the troubled emotional arena into the action-packed life of divine consciousness.

GO TO THE INNER TEACHER

Even though karmas and joyous inner states go hand-in-hand, you learn to separate the two and go to God for Himself alone. Then you will know what it means to love Him with your whole heart, instead of with your mind. To come to the Power you must forget what was stuffed into your ears by the amalgamation of diverse concepts, for *It* will teach you from within. Divine Truth and Holy Understanding enter the soul through the Inner Teacher, Who will lift you out of the psychic playground into spiritual maturity and through the door of darkness into the light. Any other door (or teaching) leads to the depth of peril from which you cannot escape until you come again to the Holy Spirit and follow Its directions. When you come to *It* in humble expectancy, *It* will give you Its Grace and you will know true happiness.

THE SEVENTH SENSE

Daily introspection awakens your divine intuition and telepathic ability that have been man's natural gift since the caveman. To become inwardly creative means to relax and release the creative power within you, and thus receive visions of truth. Intuition forewarns us of impending danger and averts tragedies. You have heard of persons cancelling their airline tickets, to find the plane crashed only moments after departure; and you may recall a number of souls changing their minds before boarding the Titanic. With the sixth sense you can see into the past and experience the future. It enables you to commune with life on every level of consciousness, the *Seventh Sense* takes you there! When your intuition is clear, distinct and strong enough, the soul flows after the vision. But as long as you read trashy novels, don't expect your eyes to see the vision of heaven, even as ears deafened by hard rock and roll cannot hear the wondrous music of the Holy Sound. The seventh sense brings you into self-awareness and God realization, and though it is not the ultimate realization of God, it is a sure beginning.

HOW MY VISION SAVED FOUR CHILDREN FROM BURNING TO DEATH

The prophets that hath a dream, let him tell a dream: and he that hath my word, let him speak my word faithfully. Lord, thou didst send thine Angel. *Scriptures.*

When still a child, I vacationed with my mother at our summer retreat in the mountains. I loved the old log house that nestled among tall pines, and looked forward each year to the time when summer would blend into fall. The mountain ranges and rolling reaches of the Riesen Gebirge bordered on the wide silver band of the Elbe river. Quickening springs danced over the rocks along winding trails and the chirping of my feathered friends and gonging of a far-off vesper bell enhanced God's Signature of Love. My eyes drank deep of nature's bounty. The face of the smiling, clear moon peeked around the mountaintop. White autumn haze rose from the small patches of meadowed greens and scents

of fresh cut hay and pine wood diffused the air. It was heavenly.

A lone, hooting owl pronounced the deepening hour of evening. From our great elevation the scattered residences bordering on the other side of the river looked like small match boxes; lights faraway faintly shining into the night. My mother called for evening prayer, and taking a deep whiff of the brisk air, I kissed the starlit carpet of heaven good night. And what a night it would turn out to be!

Mama drew the cozy cottage curtains and said it was time to curl up under the heavy feather covers. Soon I awoke to silence, bathed in cold sweat — for I felt the touch of fire. I jumped out of bed, tugging on my mother's cover: "Mama, Mama, save the children, save the children!" She bid me silence, said I had a nightmare and ordered me back to bed. But as I looked up, I saw the misty shape of an angel, that left its faint trail of glory in the atmosphere. Now I yelled outloud: "Mama, save the children!" So she drew back the curtains to assure me all was well, only to see a flaming horizon beckoning from the isolated area on the other side of the river. She threw on her clothes and hurried up the mountain for help, which arrived just in time to pull four children out of the burning residence — the flaming structure collapsed moments thereafter. Their mother sat motionless in front of the burning house. She must have really prayed!

Reminiscing, I found my development came gradually, unsought, there was no need to make myself passive. Neither do I look for things, nor use my conscious will to see or hear, except when impelled from within. Our powers originate from the divine nature within us, to sense, to feel, to see what is ahead and to be there if we choose. All life is made of Sound and Light vibrations, which you use consciously and subconsciously throughout your life, to bring things to you, or to repel them.

Your application of Dynamic Keys To Self-Healing, contemplation, intuition and out-of-body-movement, will reveal to you a treasury of Divine secrets, by which you may help yourself and others to live a fuller, richer life. Uncountable numbers of people happily attest to the wonderful, positive results they have realized through my teachings. But has

there ever been a time in your life, Dear Reader, when you wondered if God truly existed? I know I have!

A MYSTIC EXPERIENCE, "THERE IS A GOD — WHAT GOD?"

"Then the Angel said unto me, go thy way, and tell may people what manner of things, and how great wonders of the Lord thy God thou hast seen."

Mounting obstacles stationed across my path and stared at me in defiance. During my futile attempts to beat the odds that kept me from completing my projects, an annoying, low-grade opinion had impinged itself on my thoughts for several days: "There is no God. You prayed long enough, have you not? Look what's happening around you! The God you know is the illusion of the world in which you live!"

"O, you maleficent specter", I quipped back, "Get out of the way, is this your only contribution?"

I had flopped into the big chair by the open window to sort out my thoughts, and marveled. Perhaps God is the evolutionary process itself, since life is so fleeting. It easily could be that out of continually moving, interlocking atoms a new person would emerge, another creature, even a new earth!

It would be simpler, I declared, if one's belief in a God was merely a figment of imagination, then pressures and problems would cease and so would the hassles. I had been at loose ends for six months, unable to receive an inner reply to vital questions, on which seemingly all else would depend. I couldn't understand the silence.

It was at an early morning hour of that particular day, when I looked out of the open window to the easter horizon, to learn of a great mystery, as angelic torches inflamed the rosy-fingered dawn.

Out on the terrace my feathered friends were busy dropping kernels into each other's mouth, flapping their wings, chirping away. Some of them no bigger than a thumb had just left their nest for the first time. What an adorable sight and what a wonderful morning. I sank a bit deeper into the cushions, stretched out my arms and signed: "Perhaps, God,

this is the happiness You're all about!" When a definite flow of Love became noticeable, almost sapping my strength.

As I attempted to pull myself up in order to squirm out of these frightful sensations, an unexpected electrical vibration entered my auric force field. Electric life sprayed through me, emanating a soft, static sound as it discharged shining, transient light rays into my immediate environment. After experiencing the suffusion of the otherwise harmless effluvia, that challenged my every doubt, I heard a loud pop!

For a brief moment it seemed the outer atmosphere had moved indoors, to pull me into the magnitude of Its Mists. It was a pulsating, living formation of bluish-silver Light that sparkled towards me in trillion shining atoms. It stationed Itself before the open window, so it seemed. Now I saw it, then I didn't. It was here, there, everywhere — and so was I.

Was this Heaven? Had it come for me already? How nice! But my regained composure was short lived. For now I felt the formlessness of an unseen Presence and enveloping Power around and within me, alive and intense. Shivers of joy and pain mingled through me. Its vibrating, rotating movement flayed my senses. I felt bare, reduced to nothing.

By threads of remaining will power I uttered: "O, turn me loose, I'm afraid!" As these thoughts dissolved I entered a different dimension altogether, in a state of total euphoria, for how long, I do not know. After that space of time elapsed I peered to my old chair, still from a loftier perch, where the other me sat slumped together. This couldn't be me, I thought, yet I felt it was, somehow.

I sought to take it up, but could not proceed. In a way it did not even matter. Then, in sudden release entering by a soft thump, it again became my cloak.

During this split second of dwelling in lustrous Light, I garnered a fraction of understanding of what God was, and felt elated to know this was the Mecca that overpowered every illusion of earth. I affirmed that the awesome Force that seized my disbelief was the Heartbeat of everything; that it listened intently to every word uttered and that It perceived the electrical frequencies of our vaguest thoughts, impulses and feelings, registering these upon Great Immediate

Ethers — not somewhere, Up There, at another time, but here and now.

Holy Power streamed out of Its own Energy, from the bluish-silver cloud, and, as before, I often wondered why angels praise God in perpetuity, it was now clear that singing praises for days and years on end could not suffice nor lift us into the Excellence that shower Love into all the world.

By internal persuasion which synthesized a part of me into its fabric, I understood, I am, because God *is*, and because He *is*, you are.

An exhilarating tonic of Pure Love had wiped away my resentments, my doubting self was filed away somewhere. Unfinished projects no longer mattered; neither did my cravings to wander off to a different part of the country, for all there is and will be — is here and now.

And though I trembled under the Heat and Dignity of this Living Force, accepting the end had come, It soothed, enlightened, comforted and re-enforced me with strength. For deep inside I wanted whatever God was, more than breath, more than life. And during this everlasting moment I did wish to retreat every blunder of omission and commission from my past.

The Supernal Power spoke within a sevenfold echo. It appeared to have magnified itself a thousand times over, not so much in actual sound, but in strength, as Its magnificent impressions rolled through my inner chambers, pulling on the strings of the wayward soul:

"You must roll away your own stones. Be not afraid, nor doubt, You know where I am. *Believe I am.!*"

All-abiding Providence drew my simple spirit close, summoning me by the name It had given me long ago. It spoke distinctly, by a mere pressure, that transmitted all It meant to convey, as if flowing from a conveyor belt into my consciousness. Much of this revelation that manifested itself to me in word and vision by a ribbon-like energy remains in my spirit, for it is ineffable, though I listened with understanding.

After this experience an almost unenduring weariness swept through me. I felt great sadness for those who light dead lamps to a living God.

I was shown the plight of those who do not hear His Call, for they refused to tune their own volume down; I was given to feel the heaviness of a down-bearing yoke.

I beheld sharp-witted men whose inflated egos were too proud to bend the knee of the heart; whose wagging tongues cursed a Name so hallowed. And I saw them standing before the Great Courts of God like Mamelukes, to see more clearly on the day when all irreverence shall be hushed and their breath placed elsewhere.

I saw the dogmatic graveyards of the jaundiced, who were not found guiltless in their perversion of the Word, and the markers thereof bore the names of tyrants, workers of false doctrines and those of their cohorts. False prophets lay strewn among them, the broken tablets of the precepts scattered over a great field.

And I was shown the acts of those who rushed after a world of tinsel and Mammon's gold, instead of God; who did not feel the living voltage of regeneration and eternal life, but the heat of the cosmic hearth.

And I beheld humanity pressed together tightly by evil — sifting through the maze and dense labyrinth of aberration, idolatry and hate, to rescue the wheat from the chaff would take a miracle. All this, and much more did I see, pulled up into my weightless spirit.

And I was shown good and simple souls, the children of God, whose garments were fashioned as filaments of starlight, dancing under the Heaven Tree, upon grassy greens of meadowed land in the Heart of God; where cosmics rhapsody diffused the air and Light shone bright and golden-white, and a great benediction poured down from the heights of God's eternal mountains; where snow-white doves sang songs of peace along the Waters of Life. For their souls had sipped the silver vials of purity to the bottom and attained the Holy Grail of God.

And I attest that in the rapture of that ineffable moment, I saw the armies of horsemen in white, bearing the banners of peace.

And then I beheld the glory of a mighty, shining host, the prophets of old and many gossamer-winged creatures gathered about Jesus, Who embossed in golden script a signature

upon eternal ethers, that now rose up in testimony from my deepest self:

"Father, forgive them, for they know not what they do." And my spirit felt faint, for I saw myself standing among them, who were numbered upon earth, no better than they, in need of God's Grace.—

I pondered long. The experience brought me to conclude: a belief that rebukes the vision of God and immortality of soul, will see the devil in a vision of Lourdes! Individuals who cannot believe in anything not supported by physical evidence, will behold the grim face of fate — and thus continue, life after life, death after death; until the Spirit of God summons them and reveals Its Unchanging Truth.

CHAPTER NINE

DYNAMIC KEYS TO SELF-REALIZATION

The dynamic key to Self-Realization and to Eternal Worlds is *conscious* separation from the body. To follow a safe method is better than finding yourself outside of the form, not knowing where you are or what to do. Sound and Light are your Guiding Force. Strict *sobriety*, (no drugs or intoxicants) is required for *any* spiritual practice, else you wander off and follow the footpath of strange entities into oblivion and peril.

Conscious separation from the body has only *one* aim: the realization of *Self* and *God*. Seekers and masters who leave their body to seduce persons, find that before long the hand of destiny plucks up the gift and rank, and throws them back into the darkness of untruth. Let your works be as pure and true as heaven and you will progress by leaps and bounds. Sincere self-surrender to *God* is the way.

Bilocation, astral projection and soul travel are great, but belong to lower worlds. Total transcendence belongs to divine worlds and requires the aid of the Guiding Presence. In this out-of-body-state you are forgetful of your physical self, (yet remain attached to it), and become conscious of the realities entered. You continue sensing, seeing and hearing, in a much clearer, more exalted state, since now you are all soul. The way to God is not do draw God into your life, you already have God, but that you consciously enter the high terrains of Divine Life, that lay beyond the planes and worlds of thought, time and movement.

To realize ultimate liberation demands your earnest application of Divine Principles and implicit trust in the Guiding Force. Then you no longer shuttle from belief to belief,

but you become ruled by the law that governs you. In this you also recognize: light begets light, evil begets evil — and that the same law which harshly corrects, gives love and peace to the surrendered heart.

CYCLES OF LEARNING DARE TO BE FREE

Your present lifetime represents cycles of learning and endings of difficult lessons through which the Ideal of God is reborn. Since you are eternal, all things are etheric to your Inner Self. While in soul body, the wall dissolves by your touch and you can come and go at will. Once you are free of the weight of the body, you can be anywhere you want to be. Spiritual freedom cannot be gained any other way. No matter what route you take, living or dead you have to leave the body to get to God.

Now, you can project yourself next door, across the sea or to Fairer Shores, it gains little. To truly unfold and progress, you must learn to leave the body at will, *consciously* shift from one vehicle into the next and finally *let go of them all*. We are only afraid of what we do not understand. In soul body you can do all things, you can heal yourself and bring healing to others.

Mr. M.G. suffered under a crossed condition. No matter where he moved, conditions remained unbearable and he had to move again. As soon as money came in, it left just as fast. A job was denied him wherever he applied and he ended up sick and weak, living with other persons for his bare existence. But now the picture has changed, he has a well-paying job, lives in a nice place of his own, is strong and healthy, and surrounded by loving persons. His letter reads:

Dr. Lori: God bless you with long life to continue your great work giving the Self to the world. In fact you have solved my problems miraculously. I don't know how it happened, but I am surely free of the hex. Thank God for providing you. My life was so messed up, I was getting old, doing nothing. I still need your help, but the worst is over. Some day I shall come to

America to meet you!

M.G., Suru-Lere-Lagos, Nigeria

When helping others you do *not* call on spirits to do your job. — that is black magic. Use the power of your own Inner Being, which will move everything from curses to nuts and bolts, by the strength of the Soul.

Then came a note of gratitude from the West Indies:

Dear Dr. Lori: I cannot find words to thank you. I did not have to leave my job after all, though I had been given notice. I have no money to thank you, but please continue prayer for me. I hope this letter finds you safe. Let me say a big thank you again, I know I will someday be in the United States to meet you. God bless and keep you always! R.J., Kingston, Jamaica

YOUR DYNAMIC KEY TO OUT-OF-BODY MOVEMENT

When desiring to go sight-seeing at a distant place or to help someone faraway, what should you do? Firstly you realize that matter is composed of God Element, held together by the adhesive of Love. You realize matter decomposes into dust, dust breaks up into atoms and the atoms return to etheral substance. Since to the spiritual self all things are etheric, they are easily penetrated by the etheral self. The moment you can accept this, the barrier is removed. Love and knowledge are the fuel, your light body is the vehicle. Energy moves like lightning and since your true nature is energy, *light* — you travel on its velocity. Love carries you. Love and necessity are usually the best teacher.

Oftentimes when a person holds deep concern for a loved one, spontaneous projection can occur. Suddenly all sound will cease, the soul lifts and transports to the location or bedside of the loved one. Always select a point in time. This maybe a loved one, an establishment, a place in inner worlds or any other specific point of contact.

Key 1. Seek a quiet place where you may remain undisturbed. Relax, become calm and passive. Generate Love and a feeling of helpfulness to enter your endeavor.

Key 2. Surround yourself in Light, feel its warmth entering every part of your body. See it flow from the center of your head down to your feet; see it leave your feet and move around your physical form, creating a perfect circle of Light around you; see it shining in scintillating brightness.

Key 3. Lie on your bed without a pillow. Relax. Place your hands on your solar plexus, the area above your navel, below your ribcage and while keeping your eyes closed decree:

"I will have energy. . . I am energy. . . I am energy. . ."

Key 4. Mentally select your point in time, let your spirit flow . . . *I am energy. . .* and you will find yourself at the place you selected and by the person you sought. While in your light body you may envelope the person with healing light and peace. Then release them to God. Emotional detachment assures results.

Key 5. The moment you think yourself back to your body you are already there. No harm can befall you, you are in God, and God in you.

As you continue to unfold, God will liberate the imprisoned splendor and pull you upward into the resplendent realms and highlands of heaven. Your life shall know new beginnings, and your aspirations, dreams and goals shall be crowned with accomplishments. Some experiences will be wondrous, others startling, while the Melody of celestial worlds envelopes you in love, gently urging you on, to do and to dare.

THE PRAYER OF THE WORD

When you call on the Name of God, the inner connection becomes the Prayer of the Word. Since childhood, perhaps before, my fondest thought and word were God. Oftentimes my eyes would scan the far flung reaches of the star-studded sky, embracing the Presence my heart magnified. Soon the prayer of the Word and Name I called out began to operate independently of my conscious will. Active on its own volition

it poured forth to those who petitioned help for their lives. The mere contact with/or call from a person would set it into action and manifest uncountable wonders. The prayer of the Word will do the same for you, when you make God your first and last thought.

THE SPIRITUAL MASTER IN YOUR REALIZATION OF GOD

In earlier days, illumined masters were much on my mind. Some of the teachings seemed right, even felt right, but why did I doubt so much? I went from hellfire and brimstone teachings to staring at my navel, listened to tapes that left an uncomfortable sound in my head for days; filled my head with chants that drove me nuts and laid awake wondering how to get my money back.

Having been taught by Teachers of Wisdom in inner worlds, I couldn't reconcile with what was presented to seekers on earth, it was poles and universes apart. Eventually all souls find their way to God, no matter what route they may take.

Every soul needs the help of the Invisible Lord to unfold and survive. The Master is no man and no man is your master. Even though some souls may need a teacher to show the way to the Door of God, only God can open it. Once the Inner Lord provides the connection to Sound and Light, the connecting line will lead to beings of Divine Power who free the soul of matter and guide it safely across the thickest of lower worlds into celestial kingdoms. The Inner Lord safeguards your progress. The Supervision of His keen Eye will examine your readiness before He guides you inward. There is no cause for concern; He will not guide you out-of-body without your consent, nor while you still enjoy the ways of degeneration. There is no use seeking the Light unless you are willing to be guided and purified by it. Every effort receives recognition. When preparations have been met, your light bodies taken on exceeding brightness to which the Divine Guardian is drawn. Some inner journeys remain remarkably clear upon awakening and a record of your experiences should be kept.

Spiritual travelers and invisible guardians have been known by awakened souls in every age. There are thirteen planes of consciousness and endless regions beyond that, even as man has more than five inner bodies than commonly taught. Most souls on earth attain no more than two or three planes, even though they live in the stages of four and five awarenesses. While in the physical body you can only dwell in each state for short periods of time.

Spiritual teachers on earth seldom ascend higher than the fourth and fifth world, because the fear of death is still influencing their higher senses and even while in the transcendent state they cannot let go of their finer vehicles to take the liberating plunge, thus they remain bound to lower worlds. Conscious separation from the body frees from fear and leads to total inner awareness.

RIGID OPINIONS KEEP SOUL BOUND

Soul travel and conscious transcendence of the inner self are the only means that will free us from the wheel of life and death. It is up to us. Those who cannot accept this truth linger in the valleys of twilight until a lifetime when higher truth can be accepted. Such individuals are usually unhappy and love to rule and domineer others. Among them is found the doomsday prophet, enemy of soul-growth and strong-willed fanatic who shouts and cries simultaneously at moments notice. Thus he brings conflict to himself and all, nothing rings true to seeking souls, since there is no knowledge to transfer. Such individuals fear darkness when it assails, call it the devil. They are haunted by the shadow which is properly their own.

While placing my work into prisons, a clergyman expressed great dissatisfaction, insisting prophecies ended with John the Divine at the island of Patmos, that esoteric work (esoteric meaning for the initiate) was spurious and as his *religious* posture forbade it, he kicked it aside. Fixed opinions keep the soul bound.

The unawakened is afraid to let go and to commit his life fully to the Spirit of God. He cannot move through inner

gates to reach the transcendent state, because the instinct for mortal survival is too strong and physical death proves a great struggle in the end. There is fear of losing control, fear of God and fear of the Unknown which is soul's true home. It proves lack of faith and lack of knowledge of God. But when pure affection breaks forth from the heart, it inspires the soul to make contact, whereon it enters the illumined state. Man does not *earn* or gain enlightenment, it is received by Grace.

THE SERVING SOUL

The saints healed people while in soul body and anytime a mortal is canonized saint, the multiplication of his spiritual body has appeared in various locations at the same time. Saint Germain was known to transfigure himself from Constantinople to France, to Germany, England, and to any place he perceived help was needed, and he appeared each time in native dress, clad to the occasion. He was a skilled linguist and magnificently rich in spiritual knowledge, by which he had the ability to materialize precious stones, healing the sick and foretelling events. He forewarned Marie Antoinette of her beheading. Saints made errors before they became saints, you are no less than they. Your spirit will also appear in many places, when you choose to become an instrument of the Serving Spirit.

I'm but a simple mortal, but remember some years ago, while on lecture tour, a woman walked up to me on the street to give her appreciation for a lecture I was supposed to have delivered in Baton Rouge, Louisiana. Baffled, I replied this could not have been possible, since on the day and time she mentioned I delivered a lecture at the University of Tulane in New Orleans. But she insisted I had appeared there, lectured to 70 of them, repeated the subject of my lecture at Tulane, and described the dress I worn, now hanging in the closet. So I think, willing service includes every thread of your life and being, human and divine, that the Self may eventually advance to serve in Higher Worlds. There are no boundaries to the *Self*, it is a thing of Itself, the total conscious and unconscious, with unlimited capabilities that spell

completeness and wholeness in every way. It becomes living and active when you make peace with yourself, peace with God, peace with the world and follow the Light.

Among the incalculable members of divine travelers rank Padre Pio, the Stigmatist, and 19th century saint, who was priest at the San Giovanni Rotondo, Italy. When the dense vibrations of his congregation became too much to endure, he would continue his sermon, but leave the body to preach elsewhere at the same time. Many speak of him as though he were still living on earth, as his miracle cures continue and he appears to the suffering and bedridden. Though saints had the wonderful ability to heal, they left their own cures to God. Most of them had humble beginnings, humble endings and endured the sloth of the unredeemed. They attended the poor with great love and lived under adverse conditions, which brought forth the Magnificent Splendor of the soul. Their very lives proved that no one can find his redemption, ascension or transfiguration through the *One*. Each must work out his own salvation.

We should examine the lives of the saints. They give a clear perspective of what the spiritual life is about and help us to avoid the byways of darkness. Come out of the shadows, Blessed Seeker, into the Love, Pure Light and Presence of the Father. No one can bring you to God, but God.

MOVING GODWARD

People hope for good things to come after this life, for peace and happiness. Why wait? The time to be happy is *now!* You can be inspired and uplifted by hearing and reading about near death experiences, describing the beauty of heaven and all embracing Love, it provides no proof, as the experience belongs to someone else. You have to find this reality for yourself, before it can become your truth.

Heaven is a place of beauty, of action, of learning greater lessons and realizing God on deeper inner levels. It is a place of birth, of rebirth, each new birth bringing you closer to the ideal and to the real, beyond eternity. Once you have crossed the divine bridge of consciousness in full awareness, you will

realize how infinitely free you are, and that you were born free!

Cease searching outwardly, Blessed Seeker, and the Spirit of God will take you into Its worlds and change your life forever. Act from strength, not from fear. When you give yourself to God you will feel the lifting.

Death becomes your friend. Think of how many people you know who dread death and cannot live life fully, because the underlying cause of all fear is the fear of death. And though they tell you they do not fear, they do, else they would not fear to experience the Unknown — which has to many of you become the *Known*.

When the Holy Spirit has lifted you into Its worlds, you realize all your problems and misery on earth were nothing at all, and none of them worth a tear. You will be able to embrace life fully, love it, and move towards superconscious, abundant living!

WISDOM AND KNOWLEDGE

The Holy Spirit is your True Teacher. When Its Will becomes *your* will, It shall break every negative chain in your life and you will prosper. He within you is birthless, deathless, all-knowing; the Divine Being that loves every soul and is their Exemplar and Lord. To Him, *It*, all the world bows. Inner growth is not attained through living for a few decades, but from your personal experience in God.

The lover of God does not long for knowledge or wisdom, it manifests to him as a result of entering conscious union with God. It is well to read and learn, but the time arrives when mental tools are laid to rest, that the Living Word may filter through the soul. Inner growth is not attained through living for a few decades, but from your personal experience in God.

All knowledge is rooted in the trunk of *One Tree*, out of which emerged every teaching and belief. Some are mighty branches. Some acorns destined to grow into a mighty oak — and other twigs of the same tree barely draw enough sap to survive.

To know God does not require learnedness, but to believe *He is*. It is not what you research or memorize that counts, but what you experience that becomes your truth. Divine Truth is not received through intellect, by the study of scriptures or through mortal master. To find the Truth beyond all doubt, we must go beyond living the letter to *being* and recognize the Inner Teacher and Lord. Divine Truth does not take from your belief, it infills it with vitality and if your belief is true, the Presence of God will be a wondrous experience for you and a genuine part of your life.

No religion nor spiritual science anywhere taught a new truth, they merely gave new interpretations to old texts. When soul is attuned to Sound and Light, the curtain of ignorance recedes, it is taught in the Ways of God, finds its reason for living and the balm and antidote for all disease. So long as the seeker stands in awe of the bizarre, he must remain ignorant.

To say knowledge is power is incorrect. Knowledge is what you learn, what the mind records, and more often forgets, but *understanding* belongs to the higher faculty of soul. Knowledge and understanding combined with Impersonal Love, led to the foot of Wisdom and Power. Power is the Essence of the God Force — and a minute fraction of it is granted to him who steadfastly adheres to its principles. Knowledge and understanding transform into power when the lesson of Love has been learned.

Saint Francis Xavier expressed it thus:

"I found myself inundated with a vivid light; it seemed to me that a veil was lifted up before my eyes of the spirit, and all truth of human science, even those I had not studied, became manifest to me by an infusion of knowledge. This state of intuition lasted about twenty four hours, and then, as if the veil had fallen again, I found myself ignorant as before. At the time, an interior voice said to me: 'Such is human knowledge; of what use is it? It is I, it is my love that must be studied.'"

THE HOLY SOUND

God loves every soul and communes with you through Sound and Light, His Holy Spirit; none other can save the human race. It gives life and vitality to everything and helps us overcome obstacles. Its Path is the most disciplined, therefore most avoided. Its Holy Sound is self-contained, self-existing and exists in all things. It terminates earthly misery and speeds up your homeward journey. Since the Spirit of the Father is Lord, we can easily understand the meaning of: "Thou shalt have no other gods before me", which is not a moral code but a command.

When the Holy Spirit touches your innermost self, It heals the body and restores the soul, ever holding you close, cuddling and nurturing you when you least expect it. And even if you never give it a single thought, or if you never heard of It, It is always with you.

Just as the musician adheres the mind to the music sheet and his ear to the audible sound to give his best performance, so the seeker of God attunes himself to the Music of the Spheres and to the Divine conductor, Who brings out his best development and inner unfoldment.

You are the mirror of God. When God became man, *It* became *You*. You are the awareness and embodiment of God, just allow Love to reawaken you presently and you will have God. No more is needed.

SOUND, THE MELODY OF HEAVEN

Sound and Light are of one energy, soul is born of Its Fabric. Sound and Light comprise the Lifestream of Creation, without *It* nothing can exist. Without *It*, can be no healing.

You hear the Holy Sound in the secret whispers of the wind and the hillsides rebound Its Melody from inner worlds to valleys, woods and streams in worlds below. Its Song of Love flows down from the Heart of God into all creation and perpetually nourishes your body with new life, your mind with inspiration and the heart with a wondrous joy that makes you feel newborn. Eventually the Sound Current will diffuse your system to its finest atom and transform you into

spiritual being. When It softly touches your inner hearing, It leaves Its softly haunting Love with you for always.

You hear Its resplendent melody in the voices of the forest, hear It well up from the roots of trees and realize all living things are filled with Light, life, living vibrations and audible sound. Once I heard a musician say: "I couldn't live without music, I hear it all the time." Even in one microsecond of illumination your life takes on new purpose, happiness and peace abide, for you are a ray of God's own Light and in *It* eternally anchored. It is within you, around you, part of you, and on Its beam you enter inner worlds.

And soon you will understand and speak the language of nature beings, of every creature, bush and tree. The gentle humming of the Holy Sound awakens within you a love so great it mists the eyes of the soul without emotions and when tears suddenly trickle down your cheeks for no reason — they are the teardrops of your Sacred Father. No other heart but His can generate such Love. And by and by you find, true happiness is found in Him.

It is *abiding* Love each heart seeks. Human love is transient and shallow. When the beloved no longer meets one's requirements or fancy, when whims and notions or money no longer suffice, partners turn away and look elsewhere, because carnal love is conditional, therefore a point of view. And because of its uncertainty you are often afraid to bear your heart, even in love. At times people say: "I love you more and more!" One never loves more and more, one simply truly loves, no increase, no reduction, it's a steadfast thing *L-O-V-E*. Love only means effort and hard work to those who would keep the lover on the leash of possessiveness. Love does things on its own accord, no sweat, no hardship, just simply loving. No struggle or distrust — Love is none of these. When you find love all-giving, all-accepting, you will know happiness, for it bears within itself unity, strength, forbearance and compassion — the aspects of Divine Love.

FOLLOWING THE CALL

When the call is true you will follow it and give up all else, but each moment you close your eyes and your thoughts turn to God you will have abiding peace. What is the Sound

you hear? The heavenly Father calling to His children. Along the way you will suffer in body and spirit from those who hate what they cannot touch, and who wouldn't give up anything to receive the bounties of heaven.

At times you may feel reduced to nothing, blown away and scattered as a grain of sand in a desert storm, until you feel you cannot bear it, and no one will hear nor answer, not even God. You will know sorrow and hardship, even lack bare necessities, but through it all the Divine Beloved is watching, caring, prompting you: "Hold through!"

As you persevere, strength of soul is born, and a new *You!* You hear the Sound of Heaven and walk unafraid, strong and straight in Its Light. When people praise you, believe them not, for all who worship you will quickly condemn you when God does not grant their desires! And though harassed, reviled and demeaned, and deceived by those who will pick up your teachings and twist them into their carbon molds, bear it gladly for your God; for His Light will fragment and scatter the evil, and shine as a beacon light into the darkness of man. I lived through it, and lived through every line and page of this book.

Think before you leap! You cannot have God and the world. You will either love God and endure, or go back to the world, an outsider, lonely, forgotten! Once you have committed yourself, your life, mind and soul to the Inner Lord, you cannot go back without suffering the consequences.

BLESSINGS AND GRACE OF THE HOLY SPIRIT

The Sound Current of the Holy Spirit holds body and soul together with Health, vibrancy and youthfulness, even in old age. This is why individuals who live by Its Laws have long life, even as spiritual healing can extend life for many years.

But having experienced the ineffable beauty of heavenly worlds again and again, things of earth lose their fascination. As your heart is now replete with love and with the permanent, the transient becomes less important.

Your love for God grows endless, self-effacing, all-giving, and every melody you hum is your love song to God. And

the royal formations of blue-white and golden Light envelope you, and the Divine Sound picks you up and takes inward to Its kingdoms.

You must not fear. The Breath of God carries you with great gentleness, until you learn as a child to walk alone. Then you instinctively reach for the Arms of the Holy Spirit and literally wrap yourself into Its Sound, because it is your true parent and nothing else will satisfy.

To hear the Sound instills great well-being. But should you neglect your daily attunement, whether you are "too busy", or just want to take "time out", you will feel the void, a lack, something missing, and feel the hunger in body and spirit, you will fill by sheer necessity or longing — with the Sound.

ENERGIZING PRESENCE

During the day you are aware of a constant holy presence, which you recognize in all you do. At times you clearly feel a soft pressure around your shoulders, like a caress, and a warmth suffusing your being. It will energize you every day!

Periodically you hear an inaudible, comforting word you alone understand. A wordless appreciation for a job well-done, the invisible Presence dissolving your tiredness, nurturing and soothing your senses. This is living as the royal child you are. Poor as you may be in the eyes of others, you are infinitely rich!

DIVINE PROTECTION

By virtue of this ever-present Love, which inspires you to do well and to be the best you can be, you do whatever is placed before you with a happy heart; whether it is doing your household chores, or helping a friend, going to work or doing tasks you don't like to do. You know God is your partner every moment of your life, giving you daily guidance, good health and a protection that never ends.

You can decree yourself surrounded in the protection of Light every day, it will do little, until you consent to follow Its Precepts and keep Its Laws. There will always be some belief telling you to take this way, or that way, preferably

their way! But there is only *one* way that is older than time, tried and true, which is through *SOUL*.

FEEL THE LOVE

Every day make time, listen to the Inner Teacher and feel the Love! It is a deep abiding Love no human word can describe, a Love unspeakable. And even if you found a word for it, only he who experienced *It* would understand. To experience God is to know God and your Divine Self — as yourself. It is a very intimate, personal encounter, yet impersonal in every way. To speak from knowledge or belief does not suffice, theory must be replaced by practice and direct encounter.

All that is provided is received by the Grace of the Holy Spirit, a Grace you earn every step of the illumined way, persevering through hardships and self-abnegation, at times beyond your ken. After you've been through it, months or years later, you will have happiness and True Light. Love has found *Itself* in you and no other reflection but *Itself*.

Along the way there will be times when you are bathed in the Holy Spirit Light, and the Royal Sound hums through all your bones. Its Power manifests by degrees, each time it stays longer and becomes stronger, as you can endure. God changing your systems, adjusting you to receive the higher frequencies of Spirit, to illuminations more brilliant, to be able to travel deeper and higher into heavenly worlds; thus to bring greater truth to the heart of mankind, and healing.

YOUR RESPONSIBILITIES TO LIFE

With the manifestation of divine power your responsibilities to life grow to equal proportions. There is no longer frivolous squandering of time, mind games end, there is only truth. Every moment of your day and hours, for days and years to come will be valuable and precious to you, and though resentment is no longer on your list, you will covet the hours, even minutes, people with no purpose and nothing to say will try to fritter away. There is no time. Your energy

and what you do with it must benefit the whole in some way, if it is to be of value.

It is a happening, a marriage, a partnership to which you have committed. Once you say: "I do!" and give yourself wholly to the Lord of Heaven, the Holy Spirit, you also accept responsibilities. Having done so, your life will grow content, productive and happy.

THE BRIDGE IS LOVE

You will maintain composure in adversity, knowing God is expressing through you, and your inner strength shall not wane. Your eyes will sparkle with inner joy, and the Light of heaven will shine from your face and from your whole body. It is *that* beauty that springs forth from a heart of courage and a Soul reborn in pure Love.

When your life on earth is over, there will be no one to mourn you. For when your love for God is pure, people will no more care for you in death, than they did in life. But you will leave golden traces of love and peace on the pages of their hearts, that will sustain them in time of need — thus they will remember.

You came into this life alone, and you will leave it alone, carried home by the Heavenly Spirit. But if you do not seek Its Presence while living, how will you know It in death? The bridge is *LOVE*.

LISTEN WITHIN

When you sit still and cup your hands over your ears, you will hear the different octaves of the Holy Sound and experience great peace. The Song of Heaven will flow into your darkest hour and imbue the soul with comfort, when you listen deep. Its balm dries your tears, heals wounds deep and small and every human frailty in him who perceives *It*.

Trillions upon trillions inspiring, uplifting, healing notes flow from above into worlds below. Each single note carries a vital message, the heart understands as its own, absorbs and reacts to in its own way. Sometimes the message lingers within you for many years, until in one moment of profound

seeking all becomes clear. When the Holy Sound is heard, It turns your heart around and makes it the seat of God.

Some awaken quietly to Its Tone, while others only listen to the material drummer; until the Lord of Light unclogs the ear to hear and lifts the veil that obscured the Light. And others still, hear the beat of the Silent Drummer and awaken to the Drumbeat of Spirit that calls to freedom, and go out to rouse the sluggish and the sleeper, that they too may join the band. Thus darkness transforms into Light and light transforms into joy and the perpetual thought of God. The Effervescent Sound is the Prayer of Heaven that pours out of Its own Heart to manifest the Bread and Wine of Life to all.

EXPERIENCE OF A SEEKER

"Dear Dr. Lori; I think of you with deep gratitude for introducing me to the Sound and Light of God — had I not experienced the power on the night I first spoke to you on the telephone, I would have never have been able to progress with the inner peace and understanding I now feel. Although I know I am a long way off my goal yet a while, I really do feel I am on the right path, and it's all thanks to you.

I am still trying with my meditation and spend at least half an hour each evening in thought of God and watching the shimmering Light. I read your books constantly, at the moment I am rereading: "Teach Me The Way", and I understand every bit of it, as though each word was written just for me.

I still can't quite get out-of-body, and I know I am holding myself back because of fear. When that dizzy, spinning sensation comes, it reminds me of going to the dentist as a child and being forced to become unconscious, physically faint, and sometimes the whole room becomes as two — one negative of the other, and because the spinning sensation comes over me and there is no Light, I will not "go". I will eventually be guided, I know that, but I can certainly feel day by day a "growth" of awareness, and that simply delights me.

What is simply more delightful is the way, *at will*, I can hear the choirs (or Sounds of God as I feel). I get a funny sensation in my ears, and then the next thing

the music and voices come through, and I literally sit and listen to my own concert, it's wonderfully exciting, (I can hear it as I write to you)!

As I continue to listen to the Sound when it comes, I am now detecting the constant tone which runs through it, and it suddenly clicked into my mind to concentrate on that above all else, the spinning sensation brighter — I will carry on with meditation! Isn't it all wonderful?

How can people go through life and be totally unaware of God and of what life is all about? I have pondered on these things all my life, and talked to God since I was a child — always feeling I was being "watched", but never understanding it all until much later in life. And even now, although I know I'm on a new path, I realize there is so much to do and learn.

Fondest love to you,"

Jean H.
England

The spinning sensation this seeker describes is natural, because you are merely going through time and space. If you would relax, assured the Holy Spirit is in full charge, taking care of you, you would find time and space left behind promptly, and find yourself safe and sound, walking in the beautiful worlds of God. There is no danger to you whatever, and the very moment you think yourself back you reenter your physical body.

PRESENCE AND GRACE OF GOD

Before the beginning there was only God. The Name of the Lord is *NAM*, the sound is *HU*. It existed before creation and created all things. No one knows Its beginning and It will exist after creation has dissolved. The *HU* is therefore the Ever-living Spirit, the Voice of the Holy Ghost. The ancients called it the "Unstruck Melody". It is the current of Life Itself, the Resplendent Glory of the Father — and True Master of all souls.

The Sound Current is the wordless language of God, Wisdom, Love, Dominance and Power. To live lovingly, compassionately, honestly and balanced, brings us into the naturalness of Spirit and into the Radiant Cadence of the

Sound Current, which provides the connection to every inner experience. When It speaks you hear the sounds of the Golden Stream of life that flow out from the Father's Heart and sing and vibrate through every other sound throughout creation.

The Divine Word is therefore not the written or spoken word, nor "the Word of God" of the scriptures, but the All-Power of the Supreme Lord *NAM* means Name of God, the Divine Lover and Purifier of soul. The heart that reflects Its Shining Light, mirrors the Love of the Lord. The Divine Word opens the Door to Eternal Life. This Sound is the essence of all true teachings, a music which can be distinctly heard. It contains all wisdom and all that It is — God in action. It only becomes personified and personalized in lower worlds, as "the word made flesh", and from this point soul again evolves into Godhood, becomes free and returns to its Source.

The Sound is the everlasting Name, the Holy Spirit within us, the very life and heart of salvation; yet we seek It in church, cathedral and through man. It gives Itself to those who deeply seek Its Presence and bestows Its Grace and Love on them. Of this the great teacher said:

"But blessed are your eyes, for they see; and your ears for they hear. For verily I say unto you, that many prophets and righteous men have desired to see those things which ye see, and have not seen them; and to hear those things which ye year, and have not heard them."

"In the beginning was the Word and the Word was with God, all things were made by Him; and without Him was nothing made. . . . The wind bloweth where it listeth and thou hearest the sound thereof; but canst not tell whence it cometh and whither it goeth; so is everyone that is born of the Spirit."

" . . . the dead will rise, the blind will see, the lame will walk" . . . "the dead (spiritually dead) shall hear the Voice of the Son of God, (Sound), and they shall live."

When you withdraw your attention from the world, the rapturous melody of the Sound will bathe you in Its Baptismal Light to be reborn into Divine Life. Through this inmost experience the True Man is born again.

Divine Light is seen by the blind, the Sound is heard by the deaf, for neither have anything to do with the physical senses. This inner awakening brings you into the Presence of the True Lord. For such souls the wheel of death and rebirth has stopped turning.

The clearer and purer the heart, the brighter the Light reflects on the mirror of the mind. The mirror of soul cannot reflect heaven and earth, one will glaze over the other. You cannot have the world and God. The more you become attuned to the Holy Spirit, the more you become isolated from the pleasures of the senses.

The Light is always there. In the beginning you may see flashes and streaks, the Light shimmers back and forth, because your attention is not yet focused. The Light Itself does not fluctuate. It has no shadow, but can take on different forms. No matter how It appears, keep your heart fixed on the Sound. By and by, It will pull you up into Its Presence. At one point, concentration will cease, your thoughts will grow silent and you will awaken to inner kingdoms.

INEFFABLE SOUND THE WORD OF GOD

The Holy Spirit removes our vanities, littleness and spiritual blindness. It slips off our earth bound shackles and sets forever free. Then you no longer live by faith or belief, but by Truth, and by "every word that proceedeth out of the mouth of God."

Of the unawakened he said: "They who see, see not, and they who have ears hear not." The sound of God speaks the language of every heart. What religions call "the Word", is a repetition of resounding opinions, empty bells and empty faith without substance, because the *Holy Word* is celestial, intangible and only manifests Itself momentarily to the hearer. Though It is in Its Creations, It is not possessed by them, nor made concrete. The Brilliant Sound manifests by Its own Will, in Its own time and can become quite pronounced to awaken the sleeper.

When you silently hum the Sacred *HU*, you will discover it is the only perfect prayer in existence, because it is free of

self-will, free of desire and does not tell God what to do. Humming the Divine *HUuuu*. . . . you will find yourself unable to question, unable to think of anything but *HU*, immersed in true worship. The moment you begin softly humming, you are in touch with the Lord of True Light.

The Divine Sound is the True Master. Once you see His Form within, you will see Him everywhere, for all creation is born of Sound and Light, which dwells in it. We say God is here, there, everywhere, if this is so, why do we go on doing the lowly things we do, think the things we think, speak and act despicably, ignoring the Unseen Guest that sees and hears all? Would we lie, cheat and deceive and do those underhanded tricks if we truly believed God everpresent?

The Heavenly Sound connects you to God and disconnects you from the worship of things, trinkets and desires which keep soul bound to limited consciousness. It moves us from the created to the Uncreated, that we may become free of matter, which is the sole purpose and lesson of reincarnation. God gave us a body in which He dwells and in this body alone can He be met.

Listening to the Holy Sound purifies body, mind and soul, and mitigates karma. Only then will "the yoke become easy and the burden light."

Your origin is in the Lord, your destiny terminates in the Lord. How long it will take to reach Home Port is up to each and everyone of us.

CHAPTER TEN

DIVINE ENERGY, CROSS CURRENTS AND LIVING EMANATIONS

The Energy that heals is the Life and Manna of Creation. Spiritual healing receives and distributes its quintessential essence. It is said that the body is a self-restoring mechanism. Why? Because the Force sustains it. When it no longer deems to do so, the body dies. Without the presence of Sound and Light can be no healing, the energy in man cannot reactivate itself to restore the form.

Now, I've met individuals who claimed to heal others, whose energy was coarse and crude, because it was devoid of the Divine Affection received through *inner* transformation. To submit yourself to such persons can spell disaster.

Vibrant energy makes you feel great, and too much energy can deplete the system. The energy of excitement and high pitch of emotions, as well as the frenzied euphoria of relentless talkers can leave you utterly exhausted. Such energy radiations disturb the natural rhythm of body and soul, therefore your tranquility — and your strength are drained away. Uncontrolled energy feeds on your vitality; but when energy ebbs off, the Life force keeps it subtly running, until you have taken sufficient rest and are recharged. Traveling through life to reach Home Port, we learn to conserve energy and strength to survive.

CROSS CURRENTS

You are *Energy*. Since energy is inherently within you, it is the power by which you redeem or destroy yourself. Abuse of power leads to severe mental and physical afflictions and to spiritual oblivion, here and now, or in a future existence.

I cannot count the calls from people who feel betwixed and bewildered, who claim to be blanketed with curses and spells. Why? Because they have a negative self-image and were open to the dissenting auto-suggestions and negative energies of others. So long as individuals continue to patronize persons of low esteem, these problems remain. By and By, the person's aura loses the reinforcement of Light, that instead of being a refractor begins to serve as a sponge, that absorbs lower vibrations to which harassing entities attach themselves.

Then the dilemma begins, things go haywire, nothing works out and who is to blame? When eager to know what the future holds, inquire *within*. The answers are always there. Some people's visions are no more than psychic invasions! When you cease leaning on dead-end human beings and dewy-eyed money palmers, you begin to draw your strength from God.

Cross currents are not always the cause of discordant conditions. When an individual is perpetually negative, angry, manipulative and possessive, thought energy separates itself from the psyche as it were, takes on form and begins to harass its creator. Such persons become obsessed and self-possessed — they roost their own spell, but blame others.

Workers who look for frills, thrills and car keys, instead of showing the seeker the Way to the Door of the Soul, soon begin to feel the rub of malignant forces. Even the *illuminated* fall into negative traps and adopt a messianic complex, convinced they were chosen to lead mankind out of its demise. Mixing sex, drink, drugs and other base pleasures with spiritual work, they finally leap over the creative edge. Consequently they can no longer meet the challenges of life, lose sight of the goal and become personifications of evil — and the skeleton crew of disembodied spirits they employed will not help them! Nothing good ensues from a spirit of disorder.

Spirits of the night are like people, some benevolent, some vicious. They draw to him who reflects their character and to those who delve into their allusions so deep they forget to resurface. Abuse of energy demands payment. I've listened to people bemoan their lot and sorely rue their doing, when their body became wracked and ruined by *their*

rebounding forces. Destruction is born of man's own wickedness, he rectifies through pain.

Years ago I examined the teachings of voodoo and witchcraft. Some good, some bad, some highly beneficial and healing. Both employ the energies of Nature. I found in them great knowledge of rhythm and vibration and the effective neutralization of malignant energies. Call it what you like — it is of the *One Power*. People only condemn what they do not understand and fear.

Out-of-body travels taught me how to exist in every dimension, by which I could eliminate the pains and woes of others and break every negative chain; whether on inner or outer planes makes no difference, for it employs no incantations, spells, rituals or entity — only the love and power of the *Inner Self*.

NO GOOD OR EVIL

Evil has no substance, it evolves out of itself. Evil is as evil does. Good and evil are an *appearance* in any world and universe below the Pure Worlds of God. Here and Beyond there is only Omnipresent *I-ness*. God is "I" and *I* is You. Nothing can touch or disturb you without your consent. Nothing can plague you, you do not yield to, want or permit. You need not look to the abacadabra of ritual, rite or spell to remove harassing vibrations. You need only to come up higher in consciousness and keep all things harmless. You are the *soul*, therefore you live in the Light *always*. Your *conscious, deliberate* action of creating a whirlpool of Light — and letting it relax and stabilize in your aura, will refract every malignant assault and inflection.

There are jails for psychic offenders Above as below, and a Law that takes care of them. The Pendulum of Justice always swings to Truth, to *Right*, and holds stable — but the power play of good and evil continues — and no one wins.

We can legislate from now on, institute new laws and methods to punish and subdue the violent, it will do no more than impose added tax burdens. Nothing can change, until we as individuals and *collectively* being to live in the Consciousness of God in which no one can offend, rob, kill, pilfer,

plunder, pollute or harm any of its members; for the God Soul knows nothing of good nor evil. Man reaps what he sows. His energy is immortal and lives on.

PROOF OF SURVIVING ENERGY

I met a couple from southern Germany who told me of *doppelgängers*, apparitions and other astral appearances, which are commonplace occurrence in their province. The lady told how, at age twelve, while living near the historic Heimlich Forest near the Castle of Meiningen, she had psychic encounters. During the Bauern Krieg, (the war between commoners and Barons), the farmers could no longer endure their oppressors, who used them as slaves for the building of their castles and then strung them up, killing them by the hundreds, afterwards confiscating their earthly goods.

She gives account of one early spring when she went to the Heimlich Forest to pick violets, the exciting custom of the time. As she looked toward the far end of the woods, she saw a man dressed in 14th century clothing coming toward her. First she thought it was her imagination and continued picking violets; but on second glance the man stood there by her playmates. "I can still see him vividly today", she said, "he wore a loose blouse-like shirt, which dripped with blood from a wound in his shoulder, and black balloon-type pants and his boots came to midcalf. He wore a leather belt on his shoulders from which hung a long sword. . . His face was very round, not too young, and he looked almost stunned as he stared in blank gaze at the Castle. I will never forget his hat; it was very tall and looked like a straight stove pipe. Another playmate saw him too, the rest called it a hoax."

Her husband described a place near historic Meiningen, called Galgen, meaning "hanging place", where many met their demise dangling from a tree as long as two and three hundred years ago, when these executions were going on. Still to this day he recalls, bodies were seen hanging silently from big, knobby branches, trampling hoofs of wild horses

are heard galloping, and some are seen racing swiftly by, carrying soldiers in full armor.

Her aunt worked in Pfalzheim, Germany, as a governess to a wealthy household in the early 19th century. In her room were overseas suitcases which were forbidden to be opened for strange reasons. One night she awoke to see two well-dressed, dark-skinned Orientals with white towels wrapped around their heads, standing at the foot of her bed. They were looking for a chambermaid who lived there in the early 1800s; after which they dissolved into the suitcases.

HOW SURVIVING ENERGY STALKS THREE GENERATIONS

Near their grandparents' residence stood a home on a wide brook, she excitedly describes; it was built over 140 years ago and was haunted viciously for over three generations. The woman who lived there had to deliver her baby in prison, because she suffocated her husband with a feather pillow, then threw his body into the creek. The many witnesses included her parents, grandparents and other neighbors, who would see and hear the quiet brook turn into a wild turbulence, after which the full form of the departed would emerge from the waters.

The home was so badly haunted by poltergeists slamming doors and rattling windows, squeaking eves and moving furniture, it was sold, but the new tenants of the third generation inherited the commotion.

The baby born in prison grew up and had a son who built a coffeehouse directly on the creek. On the day of the Grand Opening the brook started its wild rushing and the old man was seen standing in the entrance and walking down the hall dressed just as he was just before his untimely death. —

So you see, energy lives on forever, is eternal and all of life radiates its living emanations.

ENERGY EMANATIONS

Energy is the radiant emanation of God and Source of all vibrations, heat, cold, light, sound and life. When the body grows bereft of it, it dies; the energy recedes to its source

and reactivates itself to awaken other atoms and cells to create new forms. Since energy is omnipresent it is never concentrated in one spot and though it flows through its creations it cannot be absorbed by them.

The exuberant force is magnetic in nature, attracts and repels. As Sound and Light is energy and the Principle of Life, it perpetually descending, infusing, vivifying, exalting, ascending, remanifesting and *freeing* itself. Energy is the Patrolling Force of God, the Impersonal Force that rebounds to each its own hand.

Matter is the element out of which all living things evolve, are vivified and destined to grow self-conscious. There is no dead matter anywhere and breath and life in every space. Matter contains force and in lower worlds force contains matter. Whether animate or inanimate, *all* is animate, since it is life infused by the *One*.

At times people doubt that the cells and atoms of the body are endowed with intelligence, yet, when you speak, the body listens and responds to your command, which it could not do without comprehension, nor could it produce one single reflex. Celestial atoms of consciousness infuse all life. If it were not so, your body could not heal itself. Now, when the earthen form returns to matter, the atoms become again enlivened by the Force, rejuvenated by the elements and elementals that correlate them into other forms.

In Higher Worlds transformations are wondrous to behold. I've been shown the dissolving of celestial forms (as opposed to the disintegration of matter) and witnessed reassimilations too sublime to describe. In Higher Kingdoms there is no death as we know it, only the transfiguration from one conscious state and appearance to another, where the body, as it were, disassembles its thousands of shining atoms and reassimilates again. Such bodies are surrounded by a soft rosy-gold radiance that turns into satiny pale blue and at the end of the process again into the shimmering white light of the form. It proves death does not break the flow and rhythm of life, it reinforces it. Death is part of life. Life thrives in death, enters its own shining light and flings itself to higher, brighter worlds.

UNDERSTANDING YOUR SENTIENT NATURE

As the living units of your body are touched and moved by inner forces and react to feeling and sensations, you respond to them because they compose the *total You*. Every person emits magnetic rays from his surrounding force field and from the energy circulations of his inner worlds. Whether inadvertently or deliberately projected, and according to the character of the bearer, these radiations are beneficial or repugnant. The more intuitive and perceptive you are, the more accurately and swiftly will you pinpoint assailing energies and trace them back to their source. Distance does not matter, in spirit there is no distance.

With every effort you make toward the realization of God, you break away from the base energy that detains you from reaching your goal. When you live in Light, good and evil will cease to affect you with pleasure or grief. You will still feel the hostile energies of people, for you are sentient — always, but you will also know how to refract malignant assaults to keep your temple clean.

BE CAUTIOUS, ALIGN TO GOOD

One should choose helpers and associates with discernment. Though all are born of God, not all are conscious recipients of the Light. When you ask them what the Light is, they draw a blank. We live to learn to die, some never do. They walk among the children of earth and are without spiritual grace. They are living shells of unfeeling force — they are everywhere — and grow like mold and rot through mortal existence.

Their kind gestures are devoid of compassion, their smiles and presences give off a distinct coolness; hiding behind compassion to control you, their deeds are benevolent and — exacting. Mostly, such individuals deliberate to harrow out the goodness in man and to extinguish the Light in those it infests. These innately cruel entities called "humans", slowly inject their ruthless personality into their victims to drive them to destruction. I have seen those associating with them suffer heart attacks, constant lack of energy, while others just remained drained and died. The strong survive.

Evil individuals display a great deal of energy and have an ingrained need to control. They cannot be handled with diplomacy or tact. Walk away! These "humans" are more dangerous than a devil on a mission, body and mind are their conquest. They slowly drain away their victims energy on which they live. Their smiles are gentle smirks and often their eyes sparkle with cold, unholy delight. Such evil personages are lightless, lifeless clods, a vacant corpse of human larva. They are recognized by all the foregoing and by the way they manipulate themselves and *You*.

After death they cannot descend to hell nor rise to heaven and lie exposed to the driving, lashing winds of fate. Thus they inject themselves from body to body — until another cycle has run its course. . . . ! When you get demonic people out of your life you will get the demons out of yourself.

I would rather write to you of boundless happiness and keep dreaming on, but higher unfoldment necessitates to grow aware on every level of consciousness. It's not a simple task to offer Truth, for when it feels awkward, brows raise in disdain and fair friends get on their heavenly horse and disappear. But by and by, you find, spiritual being is a state of Truth that does not appease the human ego, for it sees people for what they are, and the world for what it is.

CHAPTER ELEVEN

THE WAY OF LOVE AND TRUTH

Man is the measure of Love. To be able to love *truly* is a gift of God. True love never binds, it does not interfere nor cling, but permits man and creatures self-expression. Love constantly sets free. Love is the unfettered flow of impersonal giving and receiving, that flows in and out of its own self. It does not recount what it gave, nor remember the gift, neither feels indebted — nor repents a kindness.

To love grandly means a live abundantly and forever. Love heals every wound. When you become still and turn within, you find the Power of Love is dynamic, all-encompassing, boundless, and if you allow, it will heal your body and life, and continue to flare brightly through every page of your life.

Love spans the broadest cleft and deepest chasm. When you throw out the bridge of Love, anchor it securely in God and cross it unafraid, then nothing will be impossible to you. Be not afraid to reach out, be not afraid to love! Let your heart swell with happiness, let it bubble over with genuine gladness and deep joy, and you will feel the thrill and heartbeat of a Life you never knew existed.

You were born of Love that exists beyond bliss, beyond joy, *beyond* Love and beyond universal power. When you are touched by *It*, something within you comes alive, you feel a stirring and Its pressure, and the touch of Sacred Fire that melts away the hardened core. Yes, Love will pull you into Its Brilliant Stream, It will bathe you in Its Light and dry you with Its tender warmth, then you will be free of darkness. Once you drink of Its Wine and tasted Its Bread, you will never again be able to live without *It*.

Divine Love is *Impersonal*, removed from human emotions and feelings. Its impact supersedes carnal sensations. It is unspeakable, yet deeply moving. Nothing on earth nor in ephemeral heaven compares to It. Where there is hunger for Love there is food for soul, and yawning emptiness when Love is absent.

To find this Love man lives, dies and gives up the body time and again, until he finds his Heavenly Mate and in It perfection. Love knows love, It shall find you and cherish you, when receiving and knowing It mean more to you than life. Then it will no longer matter if troubles abound, or the tempest roars out of every crevice of transient life. For the lover of God turns to the holy place, where the melody of blessedness becomes the song of the soul and restores heart and mind to harmony and exceeding gladness.

God gives infinite care and meticulous attention to those who *wholly* love Him. His Abiding Presence and watchfulness enmantles them with constant protection; while those who love Him halfheartedly, recede from His Light and reel back into their twilight existence of untruth.

To meet the Sacred Beloved is to realize Him within yourself, and discover the true meaning of Love and life. And only because God loves the soul, can soul love Him. Until you discover true love resides *within You*, you shall not find it anywhere else.

PERSONAL LOVE

When individuals yearn for the one they love, it is the deeper self of the other they yearn for, that untouchable something, which is God, even their own self. For this *Self* alone will always love and cherish you, and never forsaken you. Carnal love often borders on masochism, that goes back for more abuse. Sex is a human condition, physical union is the expression of the lesser self, a part of cocreation, but man's subconscious yearning to find fulfillment in the Perfect One. We seek idols, scriptures and the womb to get back to God, instead of the Door of the Soul. Love is a Divine Vibration set into motion by right thought, sincere motives and

endearing actions. Such a love goes out independent of the lover and gathers happiness at every turn.

MATRIMONY BLISS OR GLOOM

Marriages held together by force, fear, need or convention, or for the sake of children, no longer thrive on love but on hate-inducing tolerance, which is a sad environment for the upbringing of children. When it is harder to forget than to forgive, love has gone out of the relationship. Anytime you have to "work hard" to save a marriage or a friendship, and when getting even becomes more important than loving and caring – it has already ended. An enduring bond is based on trust, love, mutual respect and accurate self-honesty, for when your relationship is rich in love, forbearing and inner values, it survives every test.

Loving extends throughout the day and interblends with every mental, emotional and physical activity. Fantasy projections and compulsive ties composing relationships are an unstable foundation for a lasting union. Moreover, anytime you love a person for a *reason* instead of for what they are inside, that *very reason* is what you lack within. True love is selfless, it needs no cause to be enamored or hold dear.

Now, to be of like mind does not mean true understanding, but when you are one in spiritual progression with your beloved, your relationship will be congenial and happy, because you will not sting the person whose spirit you love. Is this not true? Instead of talking past each other, there is need to talk *to* each other and *listen* – to establish understanding and *inner rapport*. And more, you do not share your life with someone to make *them* happy, but to *be* happy, for only when *you* are truly content and happy inside will your partner feel the joy and want to share your life and to remain with you.

Every human being needs love to thrive and to balance the energies within him. Individuals withdraw from love, fearing they might forfeit their identity, when *self-giving* is the very principle of Love. If you cannot give yourself wholly to your relationship it will falter from the start and institute

ongoing pain. Stressful situations arise when you are at odds with *yourself*. Therefore it is not stress that assails your relationship, but the product of what *you* feel that makes it stressful. Rather than looking at your partner as being stressing or depressing, you should try to subdue your own challenging nature and tune down. Then your partner will be more interested in what you're doing, more comfortable with you and more endearing. To be straightforward and honest in your relationships and changing yourself, is always the answer. We must change to be happy and change to evolve.

When people feel trapped in situations they are there by their own consent, fears, insecurities and attitude problems. Most importantly we should learn to love with detachment. Unattached love is nonpossessive. Detachment means you let go of the clinging, demanding emotional self, you see, and especially of the sensitivity that reacts and gets readily offended, displaying false pride. You are not going to love less, in fact you will love more deeply, charitably and selflessly those near and dear. Loving with detachment you will hurt less, since you automatically disconnect from emotional abuse and retain your inner freedom in *any* situation.

DEFINING LOVE FROM DECEPTION

Along life's path you find that individuals who are overly attentive, too loving and obliging, are hateful and possessive. What some call *love* is no more than meddling into people's lives. The kind of love that demands your freedom, constant reciprocation and absorbs your life to make it over, is no more than meanness of spirit and you will try hard to get your soul back! Khalil Gibran wrote:

"Let there be space in your togetherness and let the winds of heaven dance between you... For the pillars of the Temple stand apart; and the oak tree and the cypress grow not in each other's shadow."

Perpetual lovegivers are capable of the darkest bigotry, as much as untruthful persons are always suspicious of everyone else. We need to remove our rose-colored glasses and look into the heart of the personality, to see through the tap dance of well-meaning individuals to short circuit deception.

You do not have to tell people repeatedly that you love them — just *loving* them will say it all. Sincere love does not subjugate, nor does it draw you into promiscuity and emotional bondage.

THE PRINCIPLE OF LOVE

Love is the Wine and Sap of Life, it is Divine Energy. The aspects of Love are truthfulness, self-honesty, forgiveness, fearlessness, detachment, and the absence of malice, self-hate and anger. The principles of Love are freedom, truth and trust. Impersonal loving is free of compulsions, conflicts and fixations. Love is the building force that creates steps and stairways that lead Godward and loosens one's grip from binding ways. True love does not demand in word nor thought, it is imbued with the compassion and selflessness that filters in through the radiant soul.

Some say 'loving all is loving God' — but no one can love *all*, much less *one* selflessly, until the Radiant Lord has been met. Only after the Divine Current has entered the soul, do we know the meaning of charity, loyalty, compassion and true innovation, and not until then do we know how to break the chain of negation at the core.

The love we preach about belongs to the universe of mind, and though we lecture on love and read it out of a book to fill the yawning void within us, it is devoid of the Love that pours down from the Heart of God into the soul of mankind. Love is the nurturing power that unites us as souls. The Spirit of Love is the Force that unbolts the shining gates to immortality and on Its Current you enter the worlds of God.

Loneliness depicts your need of God, through which He brings you closer to Him. The answer is to open your heart and soul to the Light, that you may see and hear within. When you behold and look into the eyes of the Divine Beloved, and His Gaze falls into yours, you will know what Love means.

Love is independent of material gain, its loves for its own sake and remains when all else has perished. Love between two hearts does not decline in sickness, health, poverty or

wealth. There is nothing love cannot sacrifice or achieve. But you can work as a trojan, helping others and wear yourself out, it will not bring you one step closer to God. For all He requires is that you come to Him in sincere surrender, not in mind, but in soul, which means entering the weightless, out-of-body state and to enter His Presence without fear. Those who fear the experience fear death and the Unknown; they do not know God because they have not been made perfect in Love.

The magnetic power of Divine Love removes all fear. It eliminates pride, ego, arrogance and cunning. Love is spontaneous. Blessed are those in whose heart the Flame of Eternal Love ignites. Address Love to your very self, let Love be your stowaway and silent companion throughout life and Infinity.

MAINTAIN INNER PEACE

True Love is a strong magnetic current, an irresistible, all-absorbing attraction that connects you to God and disconnects you from passion and pain. It instills in you an intense longing for God, because He wills it. This Love is a natural part of you, your innate quality. When you reawaken to *It*, you will never be lonely again. You will grow content and your relationships will blossom with happiness. But you will also find there is a difference between finite and Infinite Love, between the wordly and spiritual relationship; and you will become more realistic about shallow bonds, which deprive you of true happiness and peace. No matter what your circumstances maybe, no compromising of your inner peace should be allowed. How can something causing you pain be *Love*?

People call lust love and act upon it — animals do likewise. Lust excites body and mind, it pulls you into bondage and hellish circumstances. Lust makes you suffer, love gives deep joy. Lust ignores, love is attentive and does not forget the beloved. You live and die to learn to love. Only highest love holds true for you, you are God's own beloved. To obtain Love you must accept It and meet Its conditions. Love is the Law of laws. It is food for body, mind and soul.

Love is a silent, blissful feeling in your heart, which makes your life gentle and beautiful even in your darkest moments. Love makes you feel radiantly alive. Love is the greatness of a pure heart. There is never more love, or less love — only *love*. Love penetrates your faults, you therefore have no faults.

SPIRITLESS LOVING HARMFUL ATTACHMENTS

Physical love does not live on beyond death. A love based on comforts and gain is spiritless, because it is permeated by deceit, pleasure, hurt and dominance of every sort. Love in the physical world is limited, because people demand you to bend to their moods, and neurotic sensitivities, you must not allow, as before long love will turn to hate, which will carry into every phase of your life, affect other people and will make you antagonistic toward everyone else. Do not allow people to squeeze you into their limited mold, or hackle you into their belief, else you will lose your identity. Know you are unique, there is no one like you! Do not live up to the expectations of others, stay away from warped minds and you will be healthy and feel terrific! Some people use love to gain power over others, and that very power takes away all Love gives. Such individuals are dying inside, though they maybe unaware of it. They forget justice and kindness begin at their own center.

Turn away from angry love, live above it daily, or it will consume you. Anger and maligning, you see, are infectious as the germ of a deadly disease. It is a mental ailment that pollutes the soul. It pours from you as does the Light, and the wider anger beams out, the more people it infests. God returns what you send out. But anger can be overcome through your inner alignment to God, which will neutralize it and move you into greater enlightenment; because the energy you then dispel from within will be greater and will overcome undermining forces. True Love is eternal. It is the melody of Divine Life, hate is the kiss of spiritual death. May you be free of your hatred!

LOVE, THE LANDMARK OF YOUR IDEAL

Make Love your God. Worship It intensely, for it is God and unties from evil. Take Love — it belongs to you! You are the result of Love — Love brought you into this world and Love alone brings you back home to God. Love until nothing else exists for you but *Love*. Fill yourself with Love and you will radiate Pure Light to all. Love is always sacrifice, giving up for God, for the sake of loving, for the sake of giving, not for the sake of comfort and self-preservation. Love is unquenchable, even if It seems absent, It will reappear in unsought of places. Love is the Light within you, It is God — *everywhere*. And when It has truly reawakened within you, your energy will free itself and you will stand in the Presence of the Lord. An experience you will not forget. You then belong to a different world and you can never go back, for the bridges behind you have collapsed and there is only barrenness left behind.

LOVE, THE EMPYREAL CURRENT

Love is the Current of the Force that moves you into action, by which you direct your life and bring your good into existence. All you do in life is weighed by the quality of love it contains, and not by what you do out of duty to your belief. It is not the good deed or gift the receiver remembers, but the spirit in which it was rendered. Time does not forget.

As you allow the Holy Spirit Current to enter your life and heart, you begin to see the Light inside. You will hear Its Sound and feel unspeakable love. Often stars, moons, suns, and activities of higher worlds become visible. You see incredible star-bursts, glorious lands, and enter magnificent gardens where you will meet the Inner Master; Who will lift you out of the dualistic state into the realities of never-ending Love. You will see mountains of Light, enter worlds where the planets are born, and behold the Spirit of Creation at work, an incredible experience. Such are the Wonders of Love.

As your devotion and Love for God grow, the Light will increase Its intensity and you hear the wondrous music of the Holy Sound. True happiness abounds and at times the bliss is so great you will love the whole world and forgive everyone who suffered you. Love has nothing to do with the seesaw of emotions, or pride. It does not fall in-and-out-of-love — it is constant. When you fall in love with Love, your life will never again be the same.

LOVING YOUR BROTHER

God is not black nor white, male or female. His Divine Nature resides in every soul, all are born of the same Light. There is more to brotherhood than riveting speeches. Those who hate their brothers, black, yellow, grey or white, hate God. Slurs indignations and threats thrown against your brothers offend their very divinity, it is *Spirit*. This is the only unforgivable sin, since it is thrown against their Creator. The same holds true of hatred directed against any of Its servants. Retribution swiftly rebounds and the abused has nothing to do with what happens to the sender.

When you offend God the Father and repent, He may or may not forgive you, but if you assault and abuse His own, He will remember, for the Power is God and the Light is God. He alone resides over your life and death — to Him you will answer.

We are children of *One* Father. We are all brothers, put on earth to work together to fulfill the Divine Plan. How can we work together when we cannot get along? God has no religion. God made no religion, and is impersonal to color and caste, He dwells in His creations without distinction. Of this said Guru Nanak:

“All creatures are His and He is in all. With whom shall I find fault, when there is none other?”

Dr. Martin Luther King said it so well:

“Let us live together as brothers or perish as fools.”

THE WAY OF TRUTH

To awaken to Divine Truth and be healed by It, we should speak truth, think truth and live *It*. You need not exert extra effort to be a good human being, just being accurately truthful will do it all. When self-centeredness and untruthfulness melt into the current of Divine Light, a wonderful self-awareness and self-appreciation manifest, and you see all things in the truth that is here, there and everywhere. But when it falls on ears that refuse to hear, individuals call it a lie, especially when it does not comply with their way of indoctrination or thinking. Yet deep in their heart they want truth, for untruth filled their existence with pain and sorrow for a lifetime. Truth is not conceived through the reasoning mind, which dwells on delectable words and forgets the message, nor by the reading of scriptures, but through the senses of soul.

Lies are statements not spoken in the consciousness of truth. To pervert truth is the lowest of all passions, for it is the undercurrent of every other vice and deceit that lead to greed, theft, murder and war. But some individuals cannot help but lie and cheat, since they must express the ray which imbued them at birth, to learn to overcome their compulsions.

Such unfortunate persons are likely to be sarcastically funny, moody and self-righteous, and readily suffer from injured vanity. Out of need for acceptance they eagerly point to their charity and honesty, and emphasize how well others speak of them, because they have no other reference. When persons jokingly insult you, saying they were "only kidding", or that you can't take a joke, you can be sure they were never more serious. Your thoughts form your words! An honest human being does not desire acceptance and shuns patronizing praise, nor does he/she speak ill of others to make themselves look great, nor does he intrude on you to gossip!

Untruthfulness harbors distrust, manipulates people and You! Some individuals lie so much they actually believe they are telling the truth. When exposed, they become vengeful and will accuse you of being rude. Conditioned to twisting points they no longer recognize the problem.

Wrote James A. Garfield: "If there is one thing on earth that mankind loves and admires. . . . it is a brave man — a man who dares to look a devil in the face and tells him he is a devil."

Untrue statements always call for paraphrasing, and, there is ever that self-serving factor called self-preservation! Nothing can heal a relationship better than truthfulness, no bond can survive without honesty. The desire to be truthful should be as important to us as our desire to be happy. Dishonesty, as familiarity breeds contempt and distrust; your secrets will haunt you in your happiest hour. It has been said: "There are three kinds of truth, one a man shares with his friend, one he shares with himself, and one that shields — to save his soul." By and by, we face all.

THE WAY IT IS

People everywhere are sick, sick of living, sick of loving, sick of trying to pull out of their quagmire of dissatisfaction. They wend their way through life on lies and end up dying of their own hate. Whatever man hates, he hates himself most and loves to drag others into his misery; with the exception of those who know truth and live it, the world calls liars.

To free yourself from the psychic yarn mortals love to spin around you, learn to see through human nature, call a rose a rose and a lie a lie. You are special! Only the best holds true for you! Get out of people's pits of shrieking devils and you will feel newborn. This world, Beloved of God, is a lunatic bin, a caldron of fiery emotions, gentle smiles and greedy predators who steal your happiness and seek to pull you into their useless lives.

Often people make excuses for the evils of others, i.e., "Poor thing just didn't know better" — or: "they just have problems", or; "but they are such a good person", etc., because it reminds them of their own wickedness; even as individuals who fear thunder and lightening come to face with their own violent nature. Practice self-honesty, and you will be clear-eyed and straightforward with those you meet. When you disassociate yourself from the mental fallout and

vanity of deceitful people and invalidators, you will wake up from the nightmare and find your life healed.

Listen to the cunning behind the words of the kind business person, who quickly becomes hostile when you comment on his faulty labor. See the self-disgrace, insolence and faked righteousness behind the priestly smile of the religious reformer, whose life and preaching are diverse. Tell him he's a bigot, and he will anger because he dislikes being exposed.

See through the gentle giver who always knows what is best for you and how you should live; who feels persecuted and becomes psychotic by your polite refusal of his/her benevolence, because you have clipped their emotional fangs. If you hang around them long enough, they will use your lack and weakness to destroy you; but in the end their vindictiveness becomes the very sword that strikes them down, and their emotions hang to dry on the time rack. The incarnated personality is by nature demonic, and to the most part refusing to acknowledge its own lack.

Through trials and sorrow you have grown into a deserving, beautiful human being; let no one pull you down to their level, or to invade your space, nor to inflict their favors on you. Do not fall prey to people's satire pity, unless you become a puppet on their emotional string.

At work or at play, use direct perception. Abstain from reacting to dual-minded intellectual venom, and from quarrelsome, common chatter. Let your thoughts be fixed on your work and your heart in the Power. It will set into motion the etheric vibrations that calm the environment and manifest peace. Listen with your heart — see through people's behaviors and emotional ploys. See the whole picture. Remain uninvolved. You do not need antidepressants, all you need is a clear vision of situations and people. Let go of projected fantasies and pretense. See facts. Take control of your life, free yourself — it is necessary!

The lower universe is a battleground of hostile forces, constantly cleaning itself, picking off the bothersome mites. The mites are the weaklings and negative meek. The moment man gives in to his passions, ruling energies magnify them and seek to destroy him by his own vice. This becomes clear when sickness and plagues befall man and eat away his flesh; when

locus ravage the crops, viruses attack man's nervous system, when men die on the battlefield by the droves and scientists torment human's and creatures to see what makes them tick. Is the energy of man not the cause that set these effects into motion, by his inventions and experimentations that pollute and destroy the planet and himself?

Only the strong survive. When a politician is found to have a physical or moral weakness, another more fit takes his place. The drunk keeps drinking. He lives his life in segments, half-awake, half-asleep, because subtle forces urge him into destruction. Some who scramble up the corporate ladder, seduce and manipulate others to get to the top; while social climbers step over the weak, who gang up and annihilate them. Give love and compassion to a user, and he will interpret it as weakness. Where does it end?

No sooner you realize you are the soul and you begin to live from that point of awareness, you rise out-of-the jungle of harm and confusion and you find your life and your health greatly improved. Through spiritual living, Divine Realization and conscious separation from the body you become untouchable, and you will no longer care what people say or think about you. Then you will control the energy flow of the cunning opponent and envious individuals and find, all they have are false pride, attention-craving desires, greed and a weary mind, all of which work to their detriment.

Energy moves all life. It creates and destroys. To learn to control and move energy effectively insures survival. It is wonderful to appreciate love and life, but to know what constitutes and rules life is greater. For it will infill you with quiet confidence, inner strength and true courage, and with the Love in which you live, move and have your being.

Once you reawaken to Divine Truth, it will take no effort to part the shadows of allusions. Truth has its own unique way of drawing out what is hidden into open debate. It will subtly flush out the worthless and manifest the stabilizing influence that heals the deepest emotional wound. Divine Truth plumbs the utter depth of *conscience* and brings out what is good and true, that you may prosper. Now, to be truthful does not mean you should pluck on people's nerves,

nor to be yourself exploited, but that heart and mind should be upright in conduct, thought and speech.

Lies are like a worn-out sock, you see, the moment you patch up one hole, another one appears; until you stand on bare feet — *or bare facts!* The moment of truth is always *now* — the Ear of God is *everywhere*.

The forthright who stand up to be counted, at times endure a bitter lot, since the herd consciousness does not like to change its traditional way of *saying things*. But by and by, when the Light of Pentecost descends on erring souls, It will separate the kernel from the husk and Its Radiant Truth will shine boldly through.

Of long ago, someone sent me a most cherished prayer, I wish to share with my Dear Reader:

Oh, Great Spirit, Whose Voice I hear in the winds, and Whose Breath gives life to all the world, hear me. I come before You, one of Your many children, I am small and weak. I need Your strength and Wisdom. Let me walk in beauty and make my eyes every behold the red and purple sunset.

Make my hands respect the things You have made, my ears sharp to Your Voice.

Make me wise, so I may know the things You have taught my people, the lesson You have hid in every leaf and rock.

I seek strength, not to be superior to my brothers, but to be able to fight my greatest enemy — myself.

Make me every ready to come to You with clean hands and straight eyes, so when life fades as a fading sunset, my spirit may come to you without shame.”

—The Prayer of a Sioux Indian Chief.
Written by the late Yellow Lark.—

LIGHTS ALONG THE WAY

Develop a strong, healthy self-image, that discards the need for approval and living in the fuzzy reflection of how others see you. Be unique. *Be your own best friend!*

Let your basket of good efforts be emptied of self-pity, defeatist attitudes and pride, and filled to overflowing with

dauntless courage, patience and self-control, and with the energy and enthusiasm of a quiet, optimistic nature.

Think kindly of yourself and others, if you cannot do so: *don't think!*

Speak cheerfully and kindly, even when upset, remember, the tune makes the music. Negativity perpetuates itself, so does Love; and if you would notice, those who speak ill of the living, speak ill of the dead.

Do all you do in the Name of God, then the energy of your thoughts and actions will keep you harmless and bless your life.

Live in joy, let your heart sing, even if someone comes along and cuts your last thread of hope — see it as an illusion, as untruth, and see your conditions as a challenge you *will* master and win.

There is no right or wrong, only the state of mind in which you are presently — you may change it.

Bring your inner child to the Father's Manger to be healed — there *is* room at the Inn.

Love with your whole heart. Do not seek Love, but recognize It as yourself, that Love may awaken you and move you beyond limitations.

The Way of Love and Truth is found beyond the senses, in your realization of *Self* and God.

Live in the present, in the awareness you are *Soul*, and Grace, Love and Light will always be with you and surround you every moment of your life.

CHAPTER TWELVE

HEALING RELATIONSHIPS

Your happiness depends on you. Unless you are happy in your own heart, no one will promise you lasting devotion. Happiness begins at your own center. Let it flow out and love shall find you. People go to great length to find the *right* person, but love can be elusive, because love must be sought for itself alone.

It is astonishing how many people profess true love, while they torment each other and grind on one another's nerves everyday. Divine Love brought you together to heal emotional wounds from a past you do not remember. It incites you to unfold in Its virtues and joys, that your energies may blend into the bond of heavenly Love, which allows each its own thoughts, feelings and spiritual space.

LIVE TO LOVE

You love because you were born of Love, it is your innate nature. The person you cherish may not always share your intensity, enthusiasm, or melancholy, perhaps not even your joy; and you might say: "Oh, he/she does not care for me!" But the person does. This is because even though you are together, as Soul you are individual units, moving forward on inner levels nonetheless, each in its own way and on its own pace, to become Self-aware and God-conscious, which is the purpose of living on earth. You are loving a person and the Soul.

COMMUNICATE, TALK IT OVER

Give and accept love. As long as you can talk to each other, share your feelings and listen to one another with understanding, you will have the solution instead of the problem. Sometimes you can be so bent on receiving love you forget to give it and don't consider your partner's needs. In consequence he/she remains unresponsive to your affection and caring — when you get around to it. But perchance at times neither of you feel like talking, and you merely wish to enjoy the tranquility of your togetherness.

Moreoften there is no communication. Instead of talking about concerns your spouse clams up, sits around depressed, becomes boorish or turns into an outright brute! What can be so intimate, troubling or shocking you cannot tell each other? When you can no longer share your cares and sentiments, you maybe sure one of you is going to walk out.

Once I asked a woman how they could live together hating each other. She replied: "Oh, we don't talk, if we have something to say we write each other notes!" I can't imagine, but that's the way it is sometimes.

On occasions someone will tell me their husband or friend woke up one morning saying: "I don't love you anymore! Our relationship is over!" He packs his clothes and leaves — for good! What went wrong? If you think about it the answer may become clear. No respect? In-your-face attitudes? Did you become too demanding, or too smothering? Taking your partner for granted? Indiscretions? Hung your intimate affairs on the neighborhood clothesline? We know there is more.

But the foregoing may not be the reason at all. At times people drift apart and enter new relationships for karmic reasons, where they then stay and work it out no matter what.

THE WAY IS LOVE

God is in the center of your conditions at all times, showing you how to resolve difficulties through loving, understanding and patience. The more you struggle with problems the worse they get. Accept what each day brings, and do not react to anything too greatly, as some relationships and happenings are predestined and will not resolve until you have

gone through them. Everyday you feel the effects of past actions, of energies you set into motion. Some teach us how *not* to act, while others can be quite wonderful. When you begin to control your emotions, you will control your life. Life does not punish, it gives to you. If your life is full of beginnings and endings, be not concerned, you are moving forward, growing Godward, leaving karmas behind.

Emotions can be blind and binding. Use reason. Look where you are in life, ask yourself where you are going and where you really *want* to be, then act on it! Make peace with yourself, be happy!

If it seems you cannot go forward, it is your attitude holding you back. You cannot change your life until you can see it in different light, and change your attitude about your circumstances and about the people you know. You can change it, no one can stop you, but *You!* Until you do, you are self-imprisoned and the negative power is your warden. It loves to make you feel as bad and as depressed as possible. Do not allow it! Think happy thoughts, think Love!

ABUSE IN MANY GUISE

Abuse takes many forms. When there is no peace in your togetherness, ongoing duels of wits, infidelity and lies, walk away. The relationship karma is over, at least for this lifetime. If you are physically abused, don't wait to hear: "I am sorry!" it will happen again; it is a prelude to more abuse, maybe murder. Make your choice *now*, your relationship is beyond mending. That your partner may have been abused as a child is no excuse. It's a cop-out!

A few days ago a man said to me: "But I can't walk away, I just can't!" I asked: "If the woman you love suddenly became disabled, or if she had neither arms or legs and could not see, would you still love her?" There was a long silence, he answered his own questions. One should know the difference between being used to a person, physical chemistry, or truly loving them. True Love is of the soul and of nothing else.

Pain teaches you to love. When you are in emotional pain you learn with your heart, when about your daily work you

learn with your mind. By and by you will see all you do with the eyes of Soul, and life will be different.

Not all relationships are karmic, more often our own sad choices or wrong motives got us there. When there is mutual abuse what do you have? Where is your relationship going? Do you really want to live this way for the rest of your life? No one can suffer you if you do not allow it. It is the effect to each cause that teaches us the lesson. The trouble does not belong to the other person, though we may like to think so, but to *Self*.

PIERCE THE ILLUSION

Look beneath the surface before entering a new relationship, you may be pleasantly surprised, or you may not like what you find. Don't rush, stop and think! Baneful relationships can ruin your health. They can make you emotionally and physically ill, induce anxiety, low self-esteem, suicide and spiritual decline. Bad relationships are deadly! Recognize the signs. Some as follow.

When you meet a person look at him/her with inner sight, and all about them may become clear to you all at once. If you know before you marry the person you care about is negative, moaning and whining over past losses and griefs, or has the tendency to be abusive, it will be a troubled relationship. You will be in for a long, miserable haul, and all the love you feel will not change it. Can you live with such an individual for a lifetime?

LORDS OF DECEIT

Men and women also vent their resentment and displeasure not by what they do, but by what they do *not* do. In example: your partner begins to procrastinate, instigate trouble, ignores you, is conveniently forgetful, does not keep promises and gets offended when he hears the truth. All of which is emotional abuse.

He displays a smart image, but when you ask him to be of help to you he says: "I don't know how!" See the signs! His mood swings like a pendulum, you are the weight. This kind of individual usually has a wife, and a lover, and cheats

on both with someone else. He says he loves women but humiliates and degrades them, which he wouldn't change for all the love in the world. Light and felicity this character knows nothing about. Commodity driven, he could swindle a crime lord. A slave to lust and passion, he is unable to move past his shell into the soul. What life would you have with such an individual? But no matter what the reason maybe, no relationship can survive ongoing hostilities and disputes.

Anger blocks happiness, anger takes your energy. Arguments are no more than power struggles of which the wars of the world are made of. Anger and unforgiveness destroy the good in you. Arguments push Love away, and love flees. You came to earth to learn to love God within, and your neighbor as yourself. Love is always the answer. Love is the golden thread that runs through everything, crowd it out and you have nothing at all, not even life.

There is a soul out there hoping, dreaming and wishing to meet someone special as *You*, who will cherish you and return your love in kind. Be patient, do not settle for anything less. Your giving was not in vain, nor can you build a new relationship on old pain. Forgive the past, let it go, that the love of your heart may find you. You are special, you are loved!

RISE ABOVE THE TURMOIL

Think far and wide, lift your thoughts to inner horizons, to peace, come up higher, rise above the turmoil. You are not bound to oppressing circumstances, not to ill-willed people, who only feel power when they can inflict pain. But you are bound to your inner connection to God. How can Love causing you pain be Love? When home is hell, create your own heaven. There is no such thing as "*I can't!*"

Now, you can think of your circumstances as unbearable, or you can see them as a lesson, a teacher! Each encounter moves you closer to the Heart of God, and all you have suffered through has molded you into the strong, upright person you are today, worthy of all good.

At times individuals are bitter, hesitating to enter a new relationship. What you went through was karmic, the past is

gone. It is a new day for you, a new chapter in your life, holding all good if you allow it.

Life can be wonderful for you, a day by day anticipation of good things to come. Love is about feeling safe, about nurturing and abiding trust. Love is never silent, it speaks through quiet deeds, not through vague promises.

Should you feel you have outgrown your partner spiritually, no need to indoctrinate him/her into your persuasion. But live the humble example of your convictions, that shall be better than words and heavenly bread to him instead of a stone.

No use begrudging what you have given to your relationship, or when you feel cheated and say you suffered loss; or when the loan you extended to help someone turns into a donation. Give it gladly, let it go! It maybe a debt you owed from another past that came to collect its dues through your very circumstance or relationship. Nothing the heart gives is ever lost. Go on giving, forgiving and loving! Love is God and God is *You*! Nothing will change that!

But you can also have too big of a heart and care too much, and go down the drain in the process. Use good judgement! Because at times when you do nothing to help, you are allowing the person to find the courage to stand on their own strength, this is also giving. Be sure to know you cannot change others to the way you want them to be, they will run from you, because in Soul they are forever free! Realize this before making a lifetime commitment, for if your choice ends up in tumult, you will return to earth to work out the Karma.

Share neither your troubles nor joy with others, remain private and mysterious. Let no one delute your happiness! And when deeply praying for something consider what it will bring and how it may change your life when you get your wish. Be sure you want to live with it, and the price it may exact.

LOVE FOREVER

Should marital differences arise, think about how wonderful it was when first you met, and how much you loved each other when you married. Think of those days, of the

plans you made and dreams you had together. Reawaken the love, humor and laughter, do some of those silly things you used to do that made your life happy. If you love enough you can make it work! Share the joys of life, the beauty of nature, it's God's Country, you're not going anywhere, there is love everywhere, when you allow yourself to feel it. Relationships are healed through loving, caring, sharing, through respect, nurturing, trust and understanding.

GIVE UP CODEPENDENCY

Reawaken to your innate sense of "I"ness, that says: "I CAN!" Accept Love, but know when you ask favors you owe favors. Owe no man anything but *Love*! When you get out-of-emotional and physical codependency, and you live as the unique individual you are, your strength, joy and inner freedom will be boundless. There are no losers, Beloved of God, everyone is a winner!

Think not of your life as ill-fated, disallow troubles to disturb you. In difficult days summon the endless reserve of strength within you and bare up until the karma has passed. You are God's treasure! Be not afraid to walk alone, put your hand into the Hand of God and walk on. Expect grand and beautiful things to happen in your life, and to meet the person who is *right* for you. Your change of attitude will change the whole picture.

And even if mortal love does not find us, it's not the end of the world, you can be happy and fulfilled by the Force of Love that permeates your life, and be Love Itself. And you will feel complete, and know a different peace than the world affords. The mind does not always see it that way, but the heart does.

HEAVEN ON EARTH THE GREAT INTERCONNECTION

Each day is an adventure! Love is everywhere! To open the eyes of soul to see, and your heart to compassion, will grant you to embrace a broader perspective of what exists around you and in your inner worlds.

You will grow aware that you live in the kingdom of God here and now, which brings great happiness and freedom from worry. To read these words means nothing, to experience them brings peace. For if heaven is here and now, then peace, love, trust and innate joy must be here as well. In this realized state we no longer desire to destroy the earth, each other, or self-destruct, it would be impossible, and your relationships would therefore be fulfilling and happy.

BEYOND BOUNDARIES OF TIME

Come along, take a walk with me, and I will show you how heaven and earth interconnect, and that you live in the Love and Body of God *now*.

Envision the earth world as an integral part of heaven, instead of apart from it, heaven its highest part, interblending and infusing itself with infinite cosmos, with the lower universe and with the place where you live. Its love and vibrations permeate your life, the air you breathe, and *You!*

As we travel on the scenery becomes brighter, more translucent and majestic by the milisecond! You feel light as a feather, carried along by a soft breeze.

You lift across heavenly landscapes, cosmic hills and rustic sites, over fields of purple heather and flourishing woods. Trees are in bloom and birds are singing, can you hear them sing? You see lush green meadows with riots of resplendent blooms, children dancing, laughing, little folks, tall folks, supremely happy souls everywhere! Higher altitudes beckon. You lift and drift and ride on the Breath of God that now carries you over panoramic gardens, peninsulas and ocean views, you see for the first time, yet the scenery seems familiar. The air is light, clear and bright, you feel exuberant and free as never before!

You enter the sublime spheres of heaven and see mountains of colossal heights, standing as fortresses of Light in Cosmic Grace, towering into infinitude; pouring love songs over the valleys and into worlds below. But you don't stop here, you are Soul, life itself, energy, spirit, spirit goes everywhere, is all things. We now lift higher into cosmic space.

At the crossroad ahead stands a dark figure, an imposing, self-confident presence. As the force of a deep humming sound moves you on, the shadows dissolve, and you stand face-to-face with a gruff looking, bearded old man, of tall, rugged countenance, wearing a maroon wrap and a pair of old clogs. His silky-white, shoulder length hair contrasts his deep-tanned skin, the wisdom and power of Love reflect from his observing, scrutinizing, vivid dark eyes, holding you still to probe your very soul. Yet you feel a strange flow of gentleness and understanding from this being. A touch of humor plays around his mouth and eyes, but you know you cannot proceed until he allows you to pass.

As you feel the Master's compelling, enveloping power, the Light emanating from his body begins to gleam and expand to dazzling brilliance, casting a labyrinth of colorful beams of light before him and streaks of evanescent rays into the heavens far and wide, and blytheome radiance on your path ahead.

A humming sound of silent power impels you to proceed and becomes your Wayshower. The mists of time and space are left behind, you are no longer the feather, but the radiant soul. You enter glittering dimensions, the air is soft and clear, you feel as though embraced by a blanket of warm Love. You thrill with happiness. The farther ahead you move, the more freedom you realize, for only beyond eternity can you truly be free. You are boundless energy, happiness, you are Love Itself. You have just arrived at a glistening shore where all movement stops — you are all things and can be everywhere at once.

For this time there is no further to go, you have come to the heavenly garden of Soul and witness the great joy of thousands and millions of other happy souls dwelling there, you have entered the outer courts of the highest heaven, near the Heart of your Heavenly Father — at the rim of the Ocean of Love and Mercy.

You can see into infinitude and all there is below, universes upon universes, worlds upon worlds, hanging as ornaments in the sovereign-blue vastness of cosmic magnitudes and space. Now glance back and you will see all cosmic worlds, planes, layers, levels, heavenly divisions — and the place where you live interconnecting and fused together. An

immense, gigantic network, limitless, boundless, breathing, living and moving by the Breath of God, embued with the energy of the Empyrean Spirit.

And now, as you look back to the place where you live, you are again light as a feather, gliding back into your body, and you open your eyes to your own surroundings.

You have found heaven is here, now, everywhere, and within your own Self; and that *you* and all life exist in the Resplendent Body of God today, every day of your life — and beyond eternity. There is nowhere to go, nothing to run from or run to, you are already there! It is now also clear, that there is no cause to be worried or distressed about anything in life, and you may be happy as can be in your relationships and live in peace and Love from now on.

Of course there is a much simpler way to prove to yourself that heaven and earth interblend and are interconnected with your own being, which is through conscious separation from the body, and realization of the Soul-Self, in which you can come and go as you will, directed by the Force.

What you have just experienced with me were states of consciousness, it was very real, you were there! You *are* Soul, you just went home to your Father for a few moments. Wonderful, isn't it?

Heaven is a state of consciousness, and though you saw the sublime beauty that lay beyond, it was your very own state of consciousness which saw you there, for you are *THAT*! Dream on, most Beloved of God, dream on beautiful dreamer, until you reach the Father's House never to go out again, unless you choose.

SYNERGIZED BY DIVINE LOVE

Life is *One*! All life is linked together, nothing exists without the other, all is part of the whole. In lower worlds each positive has its negative counterpart, and sooner or later the positive person will experience something negative, and the pessimistic individual will get some positive input to see his world in brighter light. Therefore no one can be all positive or all negative, the Cosmic Scale demands balance. We are synergized by Divine Love on inner and outer levels. Divine

Love is pristine and rare, therefore the energy of deceit or hurt we inflict on others returns to purify us. It simplifies our lives to know Love is the answer, and that Soul is a law unto Itself.

For all its simplicity this great interconnection maybe awkward to understand, but once realized, there will be joy beyond measure and Love *beyond miracles*! To know you dwell in God every moment, every breathing second of your life, will remove your fear of death — and life, and you may begin to live happy and content and become productive and prosperous starting *now*! Since God is your very life, where is the problem? There can be only Love!

Remember, Beloved of God, heaven and earth interblend, God is with you now, today, in this moment, and everywhere you go! There is nothing to fear in life or in death!

In your relationships, allow each other space to grow. When tired, tried and tested, take time out, turn back the page, take my hand and walk with me again from earth to heaven. And your burden will lessen, and you will feel calm and balanced.

Acknowledge the Holy Spirit and you *will* connect. Then your love for God will grow deeper and brighter day by day — until you know only God. Perhaps sometimes you will sit still, close your eyes and say these words:

“God, give me your Light, I accept your guidance for my life!”

As you do so, you will connect with the Power of which you were born, and you will feel the Holy Presence that walks with you and guides your life each and every day.

In the wisdom of old a great seer spoke:

“Nevermore thou needeth seek me;
I am with thee everywhere,
Raise the stone and thou shalt find me,
Cleave the wood and I am there.”

May the Blessings of Heaven be yours!
I am always with you.

As our heart-to-heart talks on the subject of spiritual healing and spiritual consciousness are slowly drawing to a close, we shall now see in clear light the most vital and at times most controversial issue of *Salvation*. And though it is said: "your sins are red as crimson" — you will find you are white as driven snow! And yes, you are loved!

There are many doors on earth you must open, and Doors to Sacred Vestibules Beyond. But you now hold the Golden, Dynamic Key that shall unlock them all. The Key is Love, is Light, is God, is *You* — throughout the everness of eternal life and *beyond* eternity.

CHAPTER THIRTEEN

THE SPIRITUAL TRUTH OF SALVATION

God loves us *all*. There are no good souls or bad souls, only searching hearts evolving Godward. Some have found the way, while others still seek and at times lose sight of the goal — 'rendering to Ceasar'. Nevertheless no soul is lost. Soul energy is immortal, the essence of God. How can it die? But until we find the Way and the Door to God, life can be a thorny path of pain, suffering and want; the most dire need being to know one's Maker.

When we come to the Feet of God and completely surrender body, mind and soul to Him, and by the Grace of Divine Affection transcend our inner self and find our true nature in Him, we are reborn into the Light. To this end we live, sorrow and die time and again, until we meet the Radiant Lord within us and in Him receive our ultimate liberation.

Salvation is found in the Holy Spirit, Sound and Light, which holds in Its brilliant core the Power of salvation. Soul is the living spark of God embodied in man, and on Its electronic waves it reenters the Kingdom of God.

Redemption is an inner, *superconscious* experience, beyond the physical, emotional and mental search, beyond any written law or text. It is the reintegration and gradual reassimilation of the soul into Divine Life, into the unspeakable Love and Radiance of God — each soul shall rediscover and know. Of this said Lord Tennyson: "One God, one Law, one Element, one far-off Divine Event, to which all creation moves."

BORN AGAIN, WHAT DOES IT MEAN?

The well-meaning, who vehemently expound on the critical issue of being born again, are not always clear regarding its meaning. Original biblical texts have been reinterpreted many times and no longer coincide with spiritual facts. Indoctrination by the letter has revoked from you the right to think for yourself and to enter the spiritual freedom God intended for every soul. Biblical texts compiled by the sixty-six authors who conveyed their personal experiences with God, are no substitute for your own.

All holy scriptures hold a treasury of moral guidances, but only he who enters his inner worlds can find the link to God. Even though the exhortations of all true mortal saviours were the same, their teachings were not recorded when they lived, but written down by their followers, according to their own belief and understanding, that bear the imprint of their personal convictions and personalities. Jesus did not leave one single written line. His teachings were translated from Aramaic to Hebrew, into Greek, from Greek into English and into many other languages.

Translators withheld irrevocable truth; that man can experience God here and now was replaced by some vague promise in the hereafter, providing man submitted to their dogmas steeped in rituals, superstitions, opportunism and politics. Every true saint and saviour taught that the experience in God does not depend on religion, theological knowledge or intellect, but requires self-surrender, sincere love for God, devotion and spiritual living.

Only the Power Itself can give immortality. Without *It*, there is no redemption from the prison world you live in, for the Power is the very Heart, Life and Soul of Salvation and Master of every soul. No matter what your belief may be, no other means, master or lesser power can bring you back home to God.

LOVE AND FREEDOM

We seek comfort in holy scriptures. All tell you how to be good and how not to be bad, but none show you how to go beyond good and evil, beyond karma and dharma, to get

back to God. And most deny that true freedom of spirit is gained through conscious separation from the body. The Law of God is *LOVE and FREEDOM* on all planes of existence, here and beyond.

"Communication between soul and God needs no mediator, save the Spirit that birthed it. And because of this inborn unity between God and every soul, the two must reunite again, sometime, somewhere. It is this constant centrifugal and centripetal flow of pure affection flowing in and out of the heart of God into each and every soul, which brings forth your undefinable longings and profound yearning for love and fulfillment; sometimes a sudden, unaccountable uplifting and feeling of total well-being. (From *"Milestones to God"*, Poe, The Place of Light Publisher, Cincinnati, Ohio.)

There is nothing stronger than the bond between soul and God, but often when God becomes too real, people become fearful and turn away, and retreat into their world of doubt and dispiriting self-pity. But when Love again imbues their heart with the incredible sense of Divine Affection, nothing else will be sought. To realize God within yourself is enough, for the Heart of God dwells in the heart of every soul, therefore the two will always be together and you are never without God.

The Way of Spirit is pure and straight, free and unconstrained. It does not get hung up in emotionalism, nor in a faith that gets you quickly into heaven and denies every miracle thereof. And who is to say who is "saved" or not? People's lives, thoughts and actions attest to it! To say you accept Christ brings no peace and is soon forgotten, yet you are told when you say "I accept", it is done! There must be preparation, a willingness to change, humility and quiet receptivity to the Divine Presence, before *It* will enter your heart. Without this experience you are not lost, but bound to repeated cycles of re-embodiment; each offering new opportunities for change and a new decision at the Crossroad of Salvation.

People insist salvation is granted by a holy personage long gone, in whom all is absolved and self-willed degeneration forgiven; which in reality we came down to earth to rectify. While being directed to eternal damnation, it is overlooked that you are the soul, formless, indestructible, and in soul

only created in the image and likeness of God, therefore secure in Him. Only man's lower nature is subject to redemption.

Christ meaning *Light*, is the *Spirit* of Salvation, therefore on the human level no one can *become* Christ, since *It* is the Divine Principle in every man, *Spirit*. Consciousness cannot be carnalized, monopolized or confined to religion, sect or creed. Neither can God be found in beliefs which kill the spirit of inquiry and kneels in worship before the dead letter script. To be born again means to be reborn on every conscious and subconscious level. It means liberation from every physical, spiritual and material bondage; which includes freedom from religion, ritual, dogma and superstition, and from the worship of *any* savant, saviour, deity and master. The commandment: "Thou shalt have no other gods before me" speaks for itself.

Spiritual rebirth means new life. It is what you experience when you lay down the image of the "wretched worm of the dust", self-hate, gossip, slander, guilt and guile, and you begin to live as the Royal Being you are. Then life will shift gears and take you into heavenly directions. When you feel the compelling Power of the Holy Spirit, it confirms you are of divine birth, else you could not feel the heat or electrical charges of its Presence and vibrations.

The *redeemed* is not saved by the "Blood of the Lamb", but by the divine Virtue of that "Lamb", which is the Spirit of God and divinity in every man, is the soul washed, cleansed and finally emancipated. May my gentle Reader remain unaffected by threats of damnation, but *greatly* affected by the Love of God.

Now, when you mention God, people's thoughts tend to wander off afar, to escape the subject, but is God now what will confront them after physical death? All you have is the present moment, the next holds no promise. To become whole, we should recognize the lack within us and reassess our thoughts and life, each must do for himself.

Beware of those who claim to hold the key and solution to your fate, for more than one will crowd the other out of the spiritual arena, in a struggle that belongs to the dark side of life. Let no one command your life, it belongs to *You*, no

one can *change* your life but *You*. The Perfect One you seek is within you. You can scour the planet and find no other True Master than the Holy Spirit. Every true religion worships *It* and has been twisted enough by wayward doctrines, smooth teachers and new world *saviours* and you find your life a wreck, you will be more than delighted to turn to the True Lord.

Out of people worship cults emerge and we already know what damage they leave in their wake. People idolizers do not realize that the love they momentarily feel does not belong to the idol of their affection, but to the Spirit within. While on lecture tours I've met many sincere seekers, sight-seers and fanatics. One woman suddenly knelt down, quickly pulled a pair of shears out of her purse, and was hard to ward off in her ardent attempt to cut a piece of cloth from the hem of my dress, which she vehemently declared would heal her of *anything*. Thankful I didn't get stabbed in the process, I made her a healing cloth which brought far better results. If persons would place such faith in God, He would heal them utmost.

Some of seeming good faith are easily divided, easily persuaded and swashbuckle from one belief to another, never finding stronghold in the Presence which would quench the fire and end the ardent search. Some squint at truth when it shines like a beacon light into their world of disbelief, but often during moments of deep doubt, faith is born.

There are no fleecy flocks in heaven, Beloved of God, nor those who fleeced them, but the humble and brave who stepped through the door of death daily and experienced their freedom in the unlimited Presence we call God; in a faith *Its* Spirit requires and in the manner *It* taught them. The benediction of the Lord is for all, but all are not ready, because their outer world has captured their complete attention.

There are three natures within us, the soul, the Spirit and the Presence, that in the moment of *salvation* or conscious union with God, in the *essence* of the three become *One*. This union is received through the Ineffable Light of the Holy Ghost, which lays to rest all doubt, by the Wondrous Power

and Golden Love of God, that is within all men — and the Truth of every Resurrection.

THE LIGHT OF SALVATION

Truth can only be truth when it becomes your inner revelation. Valid insights ensue from the experience that *consciously* connect you with every dimension. You must move forward to meet them. Many claim to be born again, but their eyes still question, because they continue to labor under their burdens of sickness, loneliness and dissension of every kind. Astonished that no one removed their burdens they feel betrayed, as this is what they were promised. Without redemption you continue drifting from life to life, dreaming dreams of illusions, called *reality* on earth.

A greater reality has yet to be realized by psychiatry, whose relentless search has not delved deep enough into the Divine Unconscious and roots of the soul — beyond brain and nerves. Many are warehoused in institutions, because they claim the Worlds of God and their experiences in them reality. Mental institutions are kennels of torture, nursing homes are no better. When you accept there is a Higher Power in charge of your life and truly caring for you, *It* will protect you from falling into those traps and abolish the power of abusive individuals who would put you there.

I have counseled a number of psychiatrists, who themselves no longer could stand the pressure, as well as psychologists, clergymen, nuns and priests, all of whom agreed that overmedication, forceful restraints, electro-shock therapy, and lengthy confinements do not cure mental illnesses, which are rooted in the soil of the soul. This is Karma.

I have witnessed the Light completely cure persons whose mental disability was beyond hope and made them dependent on others who did not treat them too kindly. I literally saw them emerging as out of a fog, a transformation from deep disorientation to clearmindedness and lasting rationale. There is only one remedy for all that plagues mankind, and that is the Holy Spirit of God. Until we consent to surrender to *It*, we shall suffer in body, mind and spirit.

My teachings are not to change anyone's mind about their belief, nor are my convictions what others instilled to my understanding, though I had their scorn. I merely report my findings, based on living experiences in the infinite invisible, to share with you Its truth and joy.

I have no affinity to religion, church, organization, creeds or cults. My allegiance is to the Power *Itself* and to all who seek Its Light. No mortal can bamboozle you into salvation, Beloved of God, it shall come on its own volition when it means to you more than life.

EXPERIENCES IN LIGHT

The Light of heaven brings great happiness! It appears within your forehead, on the face of the soul, and manifest to you in various ways. Some experience minor and major illuminations, which remove every limited perception, re-enforcing the whole being with unfailing strength to overcome carnal habits, and often lift you to the golden worlds of spiritual life.

In the very moment of *salvation*, all-encompassing luminosity enters your being, and you are bathed in the splendor of heavenly Light. Thereafter, each time a burst of Its dazzling brightness reappears on the face of Soul, it permeates you inner heaven, the air you breathe, your body, and your atmosphere. It is a total experience which continues in divine worlds.

At this point true unfoldment begins. You begin to think on higher levels and the portals of heaven open wide. You gradually lose interest in wordly affairs, because something far greater, more beautiful and expansive has captured your attention; and the Guiding Force is your constant companion. This rapture awakens the dynamism of the soul. You now have the power that exalts and subdues, and realizing its true meaning of compassion, love and innovation, you render your duties conscientiously, truthful and with excellence. You will live life more fully, more productive and with clearer understanding. You will feel washed clean of all that once plagued your conscience, the memory of past hurts

and traumas recedes into forgetfulness. The Breath of God has made all things new.

Each touch of the Sound and Light will increase Its Dynamic Love within you and prompt you to give your best to life. Much will be sought — more given up and greater illuminations will follow. You also recognize, the true journey to God begins at the epicenter of your very own self. You become the soaring eagle that wings its way into ultimate freedom.

VISIONS IN LIGHT

Some persons behold the Brilliant Light as a slowly correlating mist in their forehead, preceding their new birth, after which it appears the moment you close your eyes. At times you will see it stationed before your natural vision, in the twilight of evening and before going to sleep. All are born of the Light, therefore seen or unseen It is always there. This is your Redeemer, your Teacher, the Presence of the Radiant Lord.

At times the Light comes from behind me in almost unendurable brilliance, and I behold It when merely restful, taking no thought. Some days it would be so bright I would open my eyes believing the sun shone through the window into my face. But whether large or small, bright or misty Its shimmering maybe perceived, or if you only see specks or circles of resplendent colors, you have made significant progress and the Great Light is sure to come. When you see lesser manifestations of Light, it is only because for that time it is all you can endure. God takes meticulous care of your well-being and guards your sight at all times.

Though the Holy Light emanates pure Love, seekers tend to look at It with admiration but are afraid to become part of It. Then the Light appears to them during their dream-state. No one exists without *It*, because no one is without God, not even the godless! You *are* the Light, It is your true being. By and By It will become the conscious experience of all.

Of this said St. Theresa: "There appear to me two things in this spiritual state: the longing to see God, obscuring all

else, which might even endanger life itself, so intense is the desire; the other is an excessive gladness and delight, which is so extreme that the soul appears to swoon away and seems on the verge of leaving the body."

As your love for God grows more selfless, you will flow with the magnetic pull and your travels to the Father's Country will begin. Then you are twice-born, and another birth shall follow.

The Light of salvation is clear, bright, distinct and real, it has no shadow. To be born again means: *to be reawakened*. At times you will feel great longing for the Presence, but seeing Its Form you must not cling to it, for it will promptly recede and prolong your waiting. You can only remain receptive and when you feel its magnetic pull, let the soul flow with the vision.

At times you will see the Master's full appearance in the center of Light, He may also appear in intense heavenly blue. On occasions you will come before Him and you may speak to Him Face-to-face. As you grow in inner awareness you also grow in your responsibility to others. The road to God is not always easy. *Love is Wisdom, is Power*. Abuse of force will destroy you. A person once told me he played "starwars" with the Light to take care of his enemies. He ended up very ill, to say the least, and sworn he was behexed, not recognizing the cause was abuse of the Light.

SUDDEN MOMENTS OF ILLUMINATION

When redemption is not sought but the soul is ready, the Light appears on Its own volition. It can suddenly occur at times of great stress, trauma, during periods of rest or when near death.

A man who was in a devastating auto accident came to see me. When I told him of the Light he listened in awe. It explained why the Light remained in his forehead for so many years, that he thought was part of his lingering illness. He was quite happy when he left, all strain had disappeared from his face. In another case I made a cassette recording for a young man. When he listened to it while at rest, he experienced the full impact of the Light. His happiness was

great, his life became meaningful, content and filled with purpose.

Not long ago, a clergyman told me the Radiant Light appeared to him while driving along the highway to another city. He said: "It was so blinding bright, I had to pull off the road."

I have spoken to ministers thousands of miles away, and as the warmth of God suffused their being, they began to tell me of their experiences, and also of a sudden weightlessness that moved them out of the body, during prayer. While others *of the cloth* never heard of it and offered to pray for my salvation!

The Redeeming Light is distinct, without shadow and not a symbol. When it enters the patient calm of your heart, it shall silence the tempest and slip off the shackles of want. Salvation is not a gift, since everyone has to work it out for himself! It is the blessing thereof that is the Great Gift — when you realize it's completeness.

Admonishments of avid reformers are of no avail, free-willed *inner* reform is God's Way. The heavenly message of salvation depicts physical, mental and spiritual *Liberty*.

BORN AGAIN, HOW DO YOU KNOW?

To merge into Love is the great adventure of every soul. As a child it stands at the threshold of Eternity and begins to explore its inner worlds. New birth means new life. In this regenerated state you behold everything large, expansive and noble. You may get disgruntled and restless, but the moment you turn within, there will be balance and peace.

One is reborn on many levels of consciousness, not all at once, but gradually. Even though Divine Light may come with impact, a person is not reborn until the qualities within him are reborn by the Virtue of the Light.

Reawakening to God is not always overwhelming or startling. Often a life changes gradually, becomes purer in motive, act and thought. Deeds are more selfless, loving more impersonal, as interest in higher conscious living grows. After these often unconscious preparations have been met, reawakening occurs.

The experience of redemption intensifies your love for God — because He wills it. But how can salvation only benefit a few, when each is a member of the whole? What affects one, affects all, for all are born of the same Light. So it cannot be said one is "saved" and another lost.

Above all we desire, it is the *Presence* we must adhere to. It imbues you with confidence, vivacity, humor, lofty moods and high ideals, but should you stray, it will allow you perspective. It shall grant you wonderfilled revelations and quickening bursts of power, not a power as man perceives, but a power that grants freedom, is self-contained and must be held harmless.

However exhilarating your experience may be, it is not yet true God Realization, nor the experience which belongs to total liberation, but you are well on your way. And, as you may have already discovered, to be born again is a very quiet happening, devoid of emotionalism and fanfare, and deeply spiritual. Of this Saint Theresa said:

"Oh, my God, how different from merely hearing these words is to realize their truth in this way."

Divine rebirth fills you with true joy and abiding love for God. When it is real, nothing and no one will have the power to push you off course. People's opinions and beliefs no longer matter. Salvation is not an attitude, but an *experience* you will continue to live and never forget. Then, when you tell God how much you love Him, He will test your love past its limits! The strong survive.

Redemption enlightens us that the same Spirit of God gave Itself through Jesus the man and through those who came before Him, not to reform, moralize or condemn, but to lead souls back home to God. It gives Itself through *you* each moment of your life, expressing *divinely* as *You*.

GUILT BY ASSOCIATION

The road back to God can reroute the soul through various avenues of experiences. Several persons who minister in prisons told me some of them are pure hell; but the Law of Consequence makes no error and has no mercy.

As I carry my lantern of hope and light behind prison walls, I receive letters from those who feel they occupy their place unjustly, which may so appear, but is not without cause. Since the memory of past actions fades into forgetfulness at the moment of incarnation, we are puzzled as to how such a thing can happen to us. But if, in example, in a previous existence a soul left behind a crime unpaid, or was the culprit that caused another to be punished for a crime committed by the self, then, and inasmuch, the present incarceration would be justified; even if guilt by mere association induced the sentence.

Superimposed deprivation of freedom is to some a blessing in disguise, the kernel of reward can be found in every circumstance. As evidenced, limiting conditions and solitude has awakened the genius in many. Some have developed extraordinary talents for writing, an expertise for artful paintings that could well grace the walls of any art gallery, and more, they have rediscovered the Spirit within, in a deep, meaningful way; which may not have been possible living in the turmoil and unrest of their outer world.

To me there are only two kinds of offenders, the one who was caught and the other who was not — which, since every personality is demonic, might well include a great part of humanity. It behooves me to think we support laws that throw people into prison for murder and we punish them by breaking the same law.

It should not be upsetting to find no saviour takes away the burden, and God does not care in the least for the problems we forged for ourselves and came down to earth to rectify. For living through them we learn the lessons of life and the teachings of God, and gain a greater comprehension of our true nature and the Divine. God does not interfere in anyone's life, neither are Spiritual Forces interested in the issues of mundane living, but with survival of soul.

And really, what is salvation if not the liberation into God-conscious Life and boundless freedom? And what is there to be *saved* when in Truth you are immortal and you will never die? Reawakening to God liberates the Imprisoned Splendor — *Soul* — that it may become free of matter, time

and space — and eternity, for soul's True Home is *beyond* eternity and only beyond eternity will it be truly free.

Salvation is the most wonderful thing! But even though we thrill with joy, we should look at the other side of salvation as well. To ease my Reader's possible apprehensions of perpetually proclaimed damnation and hell fire after physical death, we shall unveil the myths and see it in clear light. There are no lifetime heavens nor eternal hells, only such states of mind that can last a lifetime here and now and can endure hereafter.

LAKE OF FIRE?

Lacking conscious experiences in the worlds of God, advocates of hell-fire and brimstone never explain to you *what* that lake is "that burneth forever and ever". In out-of-body journeys to astral netherlands and pits of hell, I did not find an all-consuming fire, but saw entities that once were people, suffer and torments of their self-willed lot. What man stores up for himself by his degenerate actions and reactions is traumatic, and more fierce than any hellborn demon would concoct to punish him with. The writhing, seething caldron of carnal emotions and dross of vice that consumes itself by its own fury, well, clergymen have yet to dream of such a hell, and God never created it!

No matter how difficult the condition man willed to himself, no soul is ever destroyed or lost, whether good, bad, sainted or indifferent, soul lives on. Now, we should understand, there is nothing going on in the body but bodily functions that keep it running. We live in soul, express through the mind and the body is our vehicle. The proper or improper function of one, affects the other. As long as soul is locked into a body or form, it is prisoner of that form and of the carnal senses that rule it. None are free and will continue in error until the way to total liberation is found.

Whatever you *really* are, wherever you may find yourself in any universe or world, you can only encounter your own rebounding energy through the reactions of others. In every world and universe all is energy, vibration, attraction and repulsion, until you reach the God state in which there is

only Love. Vibrations must equate to contact and attract. This law of vibrations also holds true to spiritual healing, which can only be as effective as the vibrational frequencies to which the conduit is attuned, since the electronic Force of God imparts Its elements accordingly. Whether healing is received directly, or through a vessel, the vibrations must harmonize with that of Spirit. This is why some healings affect a permanent cure, while others fail.

The Holy Spirit is the answer. It liberates us from the endless cycles of reincarnation, death and hell. It instills in us a longing for Divine Truth, which in itself begins the process of being born again. Only the Power can mitigate our karmas.

Changes occur through out-of-body consciousness, it's something the Power does through you, it happens through love. No one has ever entered the Light of God, who did not come out of It better, cleaner, stronger, healed, or changed in some way. A transformed life is always a purposeful one.

Contrary to belief, the immutable, inexorable Law of God did not change with the new Testament, it continues to demand and exact payment for every transgression. If retribution immediately follows a misdeed, we say: "I must have done something wrong!" but if the reaction to the action or deed is delayed by months or years, man wonders why misfortune or accident should befall him. It is happening every day. In heavenly states there is no warring, destruction or sorrow. And if the worst is yet to come, each willed it to himself.

The rebounding energy of our actions is felt through regeneration, renewal and compensation. The chains that bind are: fear, hate, attachment and *love*. To know the truth about life after death is liberating and healing, as it removes your apprehensions, anxieties and fear that made the body ill. When you are free of the death dread, you also lose the fear of life; your health begins to thrive, accomplishments blossom, you become happy and prosper. You are never alone, it is God's race too, you know — but we tend to build our own fences.

There are no terminations nor exterminations by any means or system, here or beyond, that can destroy what is immortal,

or affect the true life of soul. The golden kernel remains untouched and that which is incorrigible is given endless opportunities to redeem itself. At worst, it re-enters a lesser form to start the journey anew. Moving out-of-body will end your life-long search for Truth. Man does not need religion. Man needs God.

Never fear death, never! Nothing can confront you, you have not forged for yourself — and there is Mercy. Do not think of death as death, you will not die, you are *immortal*. God loves you with the Boundless Love of His Magnificent Heart; this Love will be the happiness, all-embracing warmth and bliss awaiting you, when the glory and beauty of your new morning breaks forth.

YOU ARE LOVED!

THE BRILLIANT SEA OF ETERNAL LOVE

The Incandescent Love of God is the *Lake of Fire*, "that burneth forever and ever". You are a living spark of Its Sacred, Blazing Fire and Unconquerable Light. This is the spark and Divine Nature of God in every man, which descended to gain perfection and ascends by its own strength — to dissolve again into the Lake of Love and Supreme Happiness "that burneth forever and ever."

The Sea of quenchless fire is the Shoreless Ocean of Resplendent Light, Love and Mercy of which you were born and to which you shall return at the end of all cycles. Beginningless and endless, *It* is the Unborn, Uncreated, Formless Supreme Presence, the Body of the *Nameless One*, Giver of Life and Sacred Parent of all souls; the Absolute.

The Lake of Fire is the Love of God, that flames, shines and glistens throughout all Eternity, which will remain when all else has passed away. The Exalted Energy of God's Eternal Love and Holy Fire is felt by the humble in heart as a gentle, all-diffusing inner warmth — and by those *It* heals, as a tingling, electrical vibration, a coolness or heat.

It is a Love that knows nothing of evil and beholds no evil in man; a Love that makes you feel strong, happy and alive! By *Its* Touch you realize the *nowness* of salvation and the profound meaning of:

"Except your righteousness shall exceed the righteousness of the scribes and Pharisees, ye shall in no wise enter the kingdom of heaven. Scriptures.

YOU ARE LOVED!

A NEW LIFE

It was a sudden happening; when the brilliant Light blazed a new trail across inner horizons, it also changed every circumstance in my life. I seemed but a beholder of everything that took place, as Spirit removed what I loved to give what God loved best, that I would know none other — which was in fact my heart's desire.

All I once treasured and clung to was gradually moved out. The thought of God became my deepest affection, a steady light in all my life, the Melody of the Sound the soft undercurrent of every activity and I knew the Presence which directed my path, Its Guidance shone through all my work.

Worldly drives and self-interest gave way to an appreciation of God beyond measure. I came to know Love in its finest sense, and knew this was the *one* Love no man could "put asunder", which would last forever. The wonder of it lacks interpretation. The salvation man speaks of was so unlike this happening and it seems whatever one believes in reflects in his daily life.

And as I write this down memories appear most clear from the pages of the soul, of a time long gone, when still a wide-eyed kid with dreams higher than the sky and undefinable longings. Often my eyes would scan the midnight-blue tapestry of dancing stars, questioning: "Where is God?" — the mere thought of Him infilled me with joy and often I would run out into the winter woods to hear His Melody in the falling snow. His Whisperings filled me with boundless happiness that lingered on for days and calmed my life and restless search with music.

And all along life's path I clung fast to the Hand of the Unseen Presence. Often Its touch would be most real, when it swung me around as in a dance, until it set my feet on the downy greens of Cosmos.

A shadow steps down from the pages of the soul, from a time when war, famine and misery swept over the land and death stalked all around. And in those days the Presence was keenly felt, as Its Spirit pulled Its Cloak of White closely around my naked shoulders, to give the warmth my threadbare garment lacked; and it would cushion the ground beneath my bleeding feet, as the bands across my wooden sandals snapped, and blood and pus from malnutrition oozed from my bare feet into the frozen ground.

An Unseen Hand brushed over my waist-long hair, that ruffled under the snowy blizzard, on that cold and death-filled November day. And then, a warm clear Voice pealed softly through my pain: "Be not afraid!"

A feeling of rare love diffused and warmed my bones, it gave the courage I lacked; and a sheer miracle moved me out of the grip of death. Too weak to work I was returned to the death camp, but overshadowed by God's Protection, while others were never again heard of. Some good soul had handed me a sack of bread and pork rinds, I divided among the hungry skeletons there, that stared at me with empty, glassy eyes, like fish out of a pond; in that crowded, smelly place of woe and fear and death, though I too was hollow cheeked from hunger and from sorrow, they whispered I was an angel of mercy; which made me feel strange even then, and I sought refuge in the Presence that gave the bread and rinds, and petitioned Its Mercy.

Those were the dark days of my life. I tried to look horror into the face, pretending it was not there, often remembering the shelling, bombing, and the weeping heard in the echoes of the blasts. There was much more, but the pen of the heart must record another page. And this was told to say, that I as you, my Dear Reader, knew the Mercy of God, even though knowing Him I was unknowing.

Though the brutal war was over it continued on other levels. This too was conquered. Now looking ahead, I shivered at the tasks I saw before me. I felt so inadequate, but could not abdicate my dream of wanting to bring some small measure of peace to the world and to make it a better place to be. But when? Maybe never! I felt my heart well-swept by

the Breath of God and ready to do whatever might be required.

Through flashes of insights and visions of things to come, and prevailing restlessness the Spirit spoke, spirals of blissful currents lifting me to Its heights to calm my longing; Its deeply soothing humming bathed my very soul. It gave me to understand never to give up, nor to give in to human weakness, and to look to God for every need and to all good. And later gave me ample opportunity to remember these words!

Then, at long last, the time had finally arrived, enabling me to return my gratitude through service. Wonderful Light! Driven by a Magnificent Force that knew none but enthusiasm and courage, and would not settle for anything less, It instilled in me an insatiable need to share my findings with others. Telling a handful was not enough, and the Force pushed the timid self out into the world.

It taught me to discern between want and need, and suddenly my handsome bundle of earthly wealth looked like yesterday's junk. I sold what I could, gave away the rest, found a helper, and before long, "Old Princess" pulled a small trailer and skipped along endless open highways through many states, to unknown destinations. Ah, yes, this was gliding on the Wings of Spirit! We would stop-and-go wherever It directed. It was surprising how little one needed to survive, and how wonderfully uncomplicated and unencumbered life would be! Happy to shed another load, the burdensome trailer was left behind, I felt free as a breeze, the richest of all. And so I continued for nearly three years, could not count the blessings and realized more and more the meaning of: "My kingdom is not of this world."

When I observed fearful people seeking peace and protection in their world, I would turn to God, holding fast to His Presence, yet still anxious at times and afraid to degrees. Fear had to subside; even having nothing, I still had to let go of the world, somehow, and did. Every now and then I recalled old luxuries, which now seemed a lifetime ago — and shivered at the thought of the burden. And wouldn't trade one moments worth for all that now was mine. And I pondered the lives of *solvent* friends, who loved to boast how

little money meant to them, while scouring for more; they always had too much, but never enough.

I desired to show them the Riches of God, but finding them irreligious and me too simple they turned away. I wanted to hold to their lips the Wine of Life, that would end their pain of mortal intoxication. But knew each on his own must seek and yearn to find, and self-emptied of all scorn, deceit and greed humbly turn within, before the Nectar of the Most High God will yield itself to him.

Humble conditions did not dampen my spirit, but rather intensified joy, multiplied experiences on inner planes and brought forth deeper enlightenment. There seems no end to happy times. However much good, the Elements of God demanded sacrifice, excellence and perfection. I sorely lacked them all, but tried. Wherever we stopped people would come by the drives, some even offered to bring their own ice cubes to endure the sweltering heat of the small place, if they could but come. And so they did.

I stood in awe of many miracles the Holy Spirit wrought, being Its filter, yet standing apart, knowing I had nothing to do with the manifestation of its Mercy in their lives. The Love of God poured forth without ceasing, the weaker the vessel became, the stronger It performed Its Wonders and became a blessing to many whom I never met but in my silent prayers. Its Light cooled the heat of pain, loneliness and despair, until under the strain of Love the body could no longer endure and all came to a halt.

And because the Spirit of God redirected my path into the written word, can I bring you Its Teachings and healing — as Its Light shines into your life today through the many pages of this book. There is something in all of us that readily lends itself to higher causes, and the Light outshines all.

Wherever there are souls in quest of God, the Radiant Presence appears. It is said the Mystical Marriage lasts but for a few months, perhaps a year, believe it not. When it is real the Love and Joy last forever! When the Melody of Heaven imbues and enlivens the heart and It is heard by the spiritual ear, it becomes the eternal love song for the Beloved, and the Beloved is the Heavenly Lord.

THE MASTER SPEAKS

The force of a warm summer wind carried the song of the soul into the lofty heights of Heaven, and lifted me straightaway to the Garden of God. In sheer delight I silently gazed at the sea of budding roses to my feet, that bowed their tiny crowns at the Holy Guardian's arrival. The sunbathed, heavenly landscape lay in the golden glow and timeless beauty of celestial botany, studded with bursting nebulas of wild flowers everywhere. At a distance I heard the melody of cascading waterfalls spiralling over crystal reefs, wood and vale lay bathed in the fire-glow of Love. To the Glory Above, all the beauty of earth was but a faint shadow. By a touch of Light my eyes filled with tears, there was nothing *It* could ask of me that I would not do, and with these thoughts my daydreaming gave way to the Master's Voice, Who spoke to my heart:

"Ye who seek miracles, be mindful, ye cannot receive miracles until you have earned them. Were the Wonders of God easily assessible, ye would not call them wonderful beyond words. Were Grace bestowed on demand, ye would take it for granted. When Grace is withheld, the Hidden Lord speaketh to thine heart: 'Trust Me!' that ye would walk strong and straight as ye follow the Light. Mayhap, one significant moment of animated suspension would grant thee to know: 'I Am is He, and He is thine own Self, where Grace and Mercy begin as I will! Ponder My Words before ye place thy petition before Him —.' And the Master fell silent.

A wonderful melody played across the harp of the soul and my cares folded their hands in prayer and walked away. The Love that shone from the Master's Eye meant more to me than anything, and left me dreaming on. A quiet smile played across His Face as He turned and walked into the silence of the Light.

MAGNIFICENT CANDOR

Soft melodic sounds and joyful praises lingered in the reverie and cloistered stillness of my room. I could still hear the footfall of attending beings that bade me farewell, whose garments were fringed with pure light, that blessed my

prayer. And then the hand of the heart began to record the happening of the day, of those who came to be healed, whom Love restored. And often the ecstasy of Light sweeps me into its worlds, yet I am wakeful — and grasp the words and texts I hear flowing down from the Magnificent Country; and write it on the brightest page of the soul.

And I thought to myself: Love is a mighty Force, the more we let it flow through us into creation, the more It avails Itself in time of need. May Love forever abide in the hearts of man and free them all — save Love! And as I dropped these words into the Breath of Love's Dazzling Brightness, the Spirit of God caught them into Its Radiant Mantle and drew me up again into Spheres of Ineffable Light.

A luminous mist began to correlate and formed into the living countenance of a Wondrous, Magnificent Candor, that moved into the foreground, where It remained stationed before me, unmovable, bold and strong. Its majestic wings were of finest filigree to the infinite decimal atom, and from every filament thereof brilliant Light streamed out into every direction. Its colossal wings stretched broad and wide throughout the sky and shone in stark contrast against the midnight blue heaven.

I felt a stream of Power descending and suddenly clad in a cloak of pure reverence that bathed me to the core in Its peace. And I knew an unutterable holiness, God alone can bestow upon a mortal, and realized His Love in form of the Magnificent Candor; Whose very Breath and quiet Sound was God. No word can convey the ineffable — and nothing can describe what my deepest self would wish to convey.

Every now and then, in unexpected moments, a recurrence of this profound happening and most meaningful, appears to my inner vision, the Magnificent Candor boldly rearing Its Majestic Body against the radiant lines of the midnight sky. Nothing, but nothing, escapes Its piercing gaze. And I clearly feel the breath of Its every movement, as a cool, rushing wind, that at times shakes me to the core, and Its profound Presence makes me weep, even as I write this down.

I know the oneness of perfect union with God — and moments when It gulps me up — when I no longer know the

separation between the Son of God and Soul, in which alone I came to understand His Nature as myself. I encountered Its Mighty Force to the finest degree a human body can bear, perhaps because in quest of enlightenment I fully believed, in a trust that never questions — and receive the Holy Ghost.

And though through errors and trials the Claws of Its Pinions nudge me ever so gently and at times so hard I suffer pain, I know Its full Love. And if in this lifetime, and, being the poorest of all, I never knew another blessing, I received more than most, and a bounty that shall last throughout Eternity.

Each time I thought I had reached a certain end, I but arrived at another destination and new beginnings more worthy of Him — each better than the last.

Man's portrayal of the small white dove, the Divine Spirit descending from Its lofty heights, is a minute comparison to the Magnificent Candor, that is the Holy Ghost. The white dove is a symbol. It depicts the lifting up of lower world teachings to Divine Heights, but man keeps it bound to carnal understanding and to his conception of what God and Infinity is to be.

The Love of God belongs to every soul. It instills the most profound feeling of belonging and being cared for in an extraordinary way. Its Protection is concrete, untouchable by any force in any world, and remains unaffected by the evils of man. It protects you uttermost, and will slay him who works against Its Armour into the remnants of his personal hell. For: *"He shall cover thee with His feathers, and under His Wings shalt thou trust."* Psalms.

When I enter the silence to be alone with God, to relay my petition for others in some way, I sit under the vast Umbrella of His Mighty Wings, and what is silently spoken becomes audible to my senses, as I watch it dart out and float up to the brilliant Heart of the Magnificent White Candor; until the sound softens and dissolves in answered prayer.

Often, and when least expected, I hear the flutter of Its downward bending Wings, and It scoops me up and carries me off in the cradle of Its strong claws. Its eyes are very dark, Its gaze piercing and direct; the flow and glow of Its living compassion and incredible Love would instantly transform

the most hardened heart into heavenly likeness. But there are moments when it makes me tremble, as It summons me to change my ways; and profound sadness befalls me for having offended the Love I treasure more than life.

You will continue to realize the Spirit of Protection in your life, Beloved of God, long after you have laid this book aside, and move heavenward in Its Love. Hold fast to the Light, while you can; for at the end of the road all else shall drop away, and only that remain of value, that bore the image of heaven while on earth. In the beauty of Eternal Love, let Its Power grow within you.

Now and then, when I tire of the long and trying road that leads to God, the vision of the soul turns heavenward, and I long for the Pinions and Presence in White to carry me home. And ever before me, behind me, beneath, above and around me — and *YOU* — Blessed Friend, hover the Majestic Wings and Living Breath of the Magnificent White Candor, the Holy Spirit of Him:

“That healeth the broken in heart and bindeth up their wounds.”

— *May the Blessings Be —*

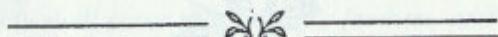


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